

## Ergonomic Services

SAFECO Commercial Loss Control offers a wide range of ergonomic services.

- Review of past loss history to identify trends in cumulative trauma and repetitive motion injuries, using SAFECOM® or customer RMIS data
- Analysis of employee workstations and job operations, to identify awkward positions, repetitive motion and upper body stress
- Analysis of lifting and manual materials handling operations, using *LIFTCALC*® computer software that also helps to redesign lifting tasks
- Training programs for supervisors and others with responsibilities for supervision or design of employee workstations and materials handling jobs

### Task Analysis

Ergonomic-related losses can occur in the office, in production areas, or in the warehouse. Task analysis identifies and evaluates awkward positions, repetitive motion and upper body stress. Techniques include observation and measurement, interview, and time and motion analysis to evaluate workstations, work practices and hand tools. Cumulative trauma risk factors identified are matched to known solutions to develop engineering, administrative or work practice controls.

### Video Analysis

Videotaping enables the study and analysis of complex or rapid sequences of motion, as found in assembly lines and machine-paced materials handling. Slow motion and stop frame techniques allow the analyst to detect subtle risk factors. The edited videotape can be used by industrial engineers redesigning workstations.



### Lifting and Manual Material Handling

Manual material handling — lifting, pushing, pulling, carrying — activities are a leading cause of injury in the workplace. The challenges posed by “back injuries” are the basis for much of today’s attention to ergonomics. Traditional solutions of employee training and medical exams have been replaced by job redesign as the primary means of controlling manual materials handling injuries.

SAFECO Commercial Loss Control offers specialized workstation and work practice evaluation, with analysis of lifting operations to identify risk factors and to develop recommendations for corrective action. Mathematical models developed by the National Institute of Occupational Safety and Health (NIOSH) are used to evaluate the human impact of lifting tasks.

SAFECO’s *LIFTCALC*® software provides an easy-to-use application of the NIOSH equation, for lifting task analysis and to test various alternative job designs.

### Ergonomics Training Program for Supervisors

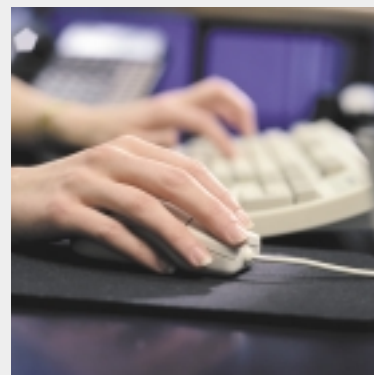
SAFECO offers training programs for supervisors and others with responsibilities for supervision or design of employee workstations and materials handling job operations. With trained staff, ergonomic solutions become more permanent. Job design stays current as the pace of change continues.

## PROFESSIONAL SERVICES



### *Ergonomics— Fitting the Job to the Worker*

SAFECO offers a variety of ergonomic services to help manage hazards due to repetitive motion, forces, tools, awkward working positions, and manual materials handling.



Workstation and task evaluation can involve posture and motion analysis. For complex operations, these services are often aided by video recordings.



For further information, contact your agent or your **SAFECO Commercial Insurance Loss Control Representative.**

Internet: <http://www.safeco.com>