

## ErgoFit Consulting, Inc. Case Study Outcomes

*Unfortunately, most companies don't use data to track their programs or initiatives. We believe data is very important for deciding what to target, developing creative solutions, and determining how to make adjustments.*

*Here are a few examples of a few clients who provided us with some outcome information.*

### Mail & Packaging Services:

- Cost of Ergonomic Assessment: \$7,400
- Cost of Implementation: \$3,962
- **Productivity Savings 1<sup>st</sup> year: \$9,630**
- **ROI: 15 months**, not considering near miss improvements and days without recordable
- **13% reduction in near misses** in 2007 compared to 2006.

### Other improvements

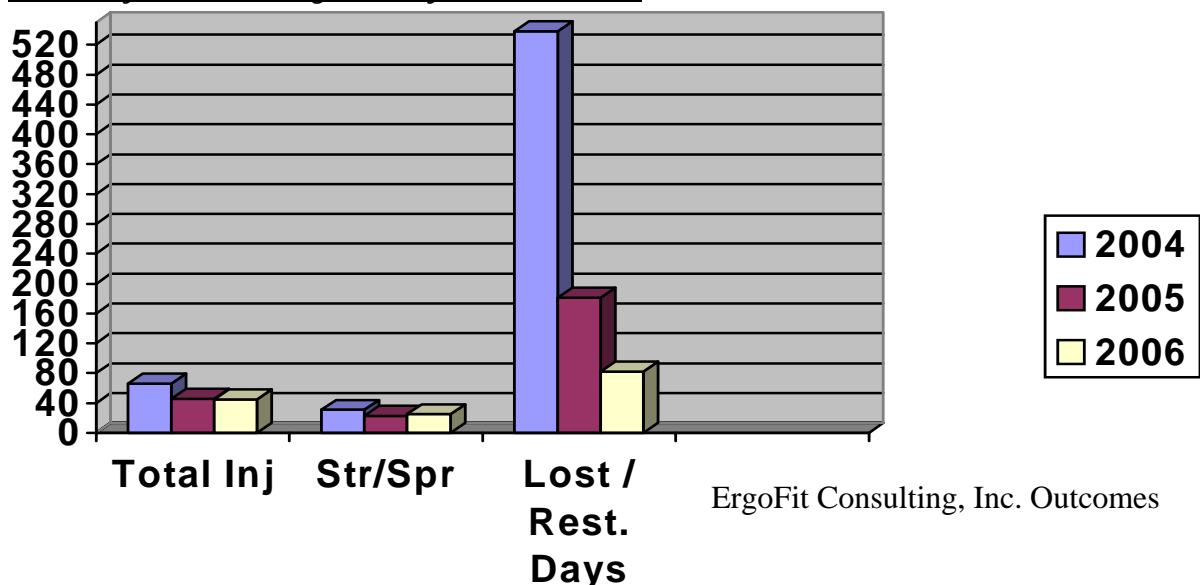
- In receiving area, reduction in handling incoming packages from 5 down to 3.
- Process improvement in the shipping area eliminated back risk by keeping packages in the strike zone.
- Team now rotates through the heavy and light work on a two month basis. Safer environment for repetitive production area, increased knowledge of core functions, process improvements and efficiencies move faster, reduction of redundant work identified and eliminated.
- 355 days without a recordable incident.

### Interventions =

Ergonomic Risk Factor Identification  
Ergonomic Engineering, Space & Workflow Re-Design, Process Modification Solutions  
Body Mechanics Training  
Ergonomic Risk Awareness Training  
Shift Prep Program and Training

### Manufacturing:

*Jan – May OSHA 300 logs, each year, 2004-2006*



- 538 lost work days before ErgoFit interventions
- 82 lost work days after interventions
- **15% reduction in lost work days alone in 1<sup>st</sup> year**

Interventions =

Informal Ergonomic Risk Factor Identification  
 Ergonomic Engineering + Design Solutions  
 Body Mechanics Training  
 Ergonomic Risk Awareness Training  
 Stretching Program and Training

**Landscaping & Maintenance:**

- 5 strains/sprains year before ErgoFit intervention
- 2 strains/sprains year after
- **40% reduction in strains/sprains in 1 year**

Interventions =

Informal Ergonomic Evaluation  
 Body Mechanics Training  
 Ergonomics Risk Awareness Training  
 "Fitness for Duty" Training  
 Stretching Training

**Office:**

- "Several" complaints of discomfort before ErgoFit intervention
- 0 injuries or complaints for at least 1 year after intervention
- **100% reduction in complaints**

Interventions =

Office Ergonomics Workshop  
 Followed by 1:1 ergonomic screens

**Highway Construction:**

- Slow return to work cases due to MD fears and unknown physical demands
- Earlier return to work after injury

Interventions =

Functional Job Task Analyses for 5 different jobs