Assess Achieve Human Performance Solutions

Through our comprehensive software, surveys and workstation evaluations, not only do we identify problem areas, we also provide customized and effective recommendations at all levels of the organization.

ErgoFit’s Process Value Differentiators (barring unusual circumstances):

► We have several evaluators around the U.S. and internationally! This ensures better availability for your employees.
► We contact you or the employee within 24-48 hours after your request.
► We are HIPAA compliant, including our report format.
► We can assign one primary evaluator for you, with the rest of the team as back-up.
► We will grow with you so you have one point of contact for requests and invoicing as well as a standardized report format.

ErgoFit’s Comfort Zone™ Office Ergonomics Software powered by Ergo Squad

Don't know where to start? Tired of managing ergonomics from the rear view mirror? Interested in employee engagement, cost containment and quantifiable analytics? Finally, a software solution for small businesses too!

Our new web-based SaaS, using ErgoFit’s approach, could be your breath of fresh air and move your organization toward global best practices! Features include individualized training, a full training library, refresher/reminder communications tool for drip training, assessment tracking, case management, custom training and equipment lists, work orders, and simple dashboard management to prioritize your resources. Call us for a demo!

On-Site Ergonomic Evaluation LENGTH 45 – 60 minutes (onsite)

Choose our full ergonomic evaluation for an employee who has an injury, chronic discomfort, medical condition, or is seeking medical or allied health treatment. We aim to schedule the appointment to occur within 1-2 weeks of first contact with employee. We send out a symptom survey and consent form prior to the appointment, then review with the individual onsite. We employ an educational approach, make immediate adjustments as able and as appropriate to past or current reported discomfort, and provide a comprehensive handout. Within 10 days of the evaluation, we provide a comprehensive report including the employee concerns, intervention details, before and after photos, and additional recommendations. We also provide two brief remote follow-ups (at 2 weeks and 8 weeks), and circle back to you to close the case; and if there are lingering issues, we will follow up directly with the employee to try to resolve (up to 10 min. phone call) – all at no additional charge!

Remote Ergonomic Evaluation LENGTH 45 – 60 minutes (phone or videoconference)

This is a remote version of our On-Site Ergonomic Evaluation. We aim to schedule the appointment to occur within 1-2 weeks of first contact with the employee. Prior to the consultation, we send out a symptom survey and request specific photos and workstation measurements via our how-to guide. To start the evaluation, we review the symptom survey with the employee. We then employ an educational approach and suggest immediate adjustments as appropriate for the reported concerns or discomfort. Within 10 business days of the evaluation, we provide a comprehensive report including the employee concerns, intervention details, photos, and additional recommendations. Occasionally, we will request photos following the consultation to ensure appropriate changes were made. We also provide two brief remote case management
follow-ups (at 2 weeks and 8 weeks), and circle back to you to close the case; and if there are lingering issues, we will follow up directly with the employee to try to resolve (up to 10 min. phone call) – all at no additional charge!

**Ergo Screen (aggregate report)**  
LENGTH up to 25 minutes per person (onsite)

These are best for non-complex early intervention or chronic conditions. Our consultants meet with each employee for up to 25 min. each to evaluate their workstation and employ immediate adjustments for the highest risk conditions. Typically 3 issues (maybe 4) can be addressed. Within 10 business days of the screens, we will deliver an aggregated spreadsheet that identifies each employee’s general concerns, and additional recommendations for you to follow-up on, if there are any. A 4-person minimum is required, and one evaluator can see 14-16 employees on average. In some cases, we can send more than one evaluator at a time. For more than 4 employees, we recommend using our on-line self-select appointment system. Please Note: For those who end up having complex issues, a 2nd visit or remote appointment to finish the assessment may be required.

**Ergo MINI Screen (aggregate report)**  
LENGTH 10 minutes (onsite)

These are a mini version of the regular Screens, where the evaluator spends up to 10 min. with each person to employ immediate coaching and work habit and positioning adjustments for the highest risk conditions we identify. Typically 1 issue (maybe 2) can be addressed. Within 10 business days of the screens, we will deliver an aggregated spreadsheet that identifies each employee’s concern and additional recommendations for you to follow-up on, if there are any. A 6-person minimum is required. In some cases, we can send more than one evaluator at a time. Please Note: For those who end up having complex issues, a 2nd visit or remote appointment to finish the assessment may be required.

**ADA Accommodation Evaluation**  
LENGTH 1.25 – 1.5 hours (onsite)

If an employee has an injury or disability requiring accommodation or careful attention to reduce the cause of or aggravating factors, choose our most extensive evaluation. We will follow the same process outlined in the Ergonomic Evaluation and the report has a similar content structure to the Ergonomic Evaluation Report.

**Health Fair Consults**  
LENGTH 20 minutes (onsite)

Our team of experts offers high impact 20-min. one-on-one ergonomic and/or wellness consultations on a sign-up basis at health fairs. Ergo consultations include office or home ergonomic education. Wellness consultations include general fitness and nutrition education, and bioelectrical impedance body fat testing and interpretation is available.
Educate
Create and Sustain Workplace Improvement

We provide an array of high impact injury prevention and health and wellness “edutainment” to motivate behavioral change and innovation at all levels of your organization, from the individual employee to the decision-makers.

Live Ergonomic Workshops

What to Aim For!©

WHO  All employees  LENGTH  45 minutes

We will walk your employees through our Workstation Adjustment Guide handout, using live demonstrations at the front of the training room. This workshop has been very popular because there is no PowerPoint; instead, it is human-powered! Our instructor will explain in practical terms, verbally and through demonstration, the various ergonomic guidelines and postures your employees should be aiming for — given the equipment functionality you currently have. They will return to their workstation with a step-by-step guide and are encouraged to “buddy up” to make adjustments. This is an especially impactful workshop when it is followed up with our Screens service 2-3 weeks later.

Take Charge of Your Ergonomic Health!©

WHO  All employees  LENGTH  1 – 1.25 hours

This office ergonomics workshop focuses on the symptoms and causes of cumulative trauma and how to reduce aches and pains by making several simple changes to employees’ existing workstations. Photographs are used as case studies to demonstrate common problems and solutions, and we recommend customizing content to your equipment. Typically people can fix most of their own ergonomic problems after this workshop, but for those who get stuck, we can provide Screens 2-3 weeks after the workshop for fine-tuning, for a very powerful combo.

Partial customization involves our trainer taking ~ 10 min. to walk through your facility immediately prior to the workshop and adjusting what is emphasized or de-emphasized “on the fly”. Full customization involves our trainer learning the functionality of your equipment and getting photos of your equipment 2 weeks prior to the training so the photos and relevant information can be embedded into the presentation and irrelevant content can be removed.

Sit – Stand Training

WHO  Employees and/or supervisors  LENGTH  30-45 min.

This customized workshop teaches employees why it is important for them to maximize the equipment your company has invested in, ergonomics principals for their sit – stand workstations, and how to make adjustments with the equipment you have installed. We will focus on the work surface height and review some general keyboard, mouse and monitor guidelines specific to standing postures.
Protect Your Body!®

WHO  Employees and/or supervisors  LENGTH  1 – 2 hours

This customized or general workshop focuses on safe mechanics of the whole body - including the back, neck, shoulder, arms, and legs. We review the symptoms and causes of cumulative trauma and how to reduce the risks associated with those aches and pains. Lifting techniques will be demonstrated and practiced.

Chair Clinic!®

WHO  Employees and/or supervisors  LENGTH  45 minutes

This hands-on workshop teaches people how to fit their own chairs to themselves. Attendees bring their chairs with them (or at least one chair for every 2 people).

Digital Ergonomic Training Materials

Mobile Ergo Clinic

This customized workshop teaches employees the common ergonomic challenges associated with working in café’s, on airplanes, in hotels, and at home, with tablets, phones, and laptops. Employees will learn some simple solutions to improve comfort and productivity.

ErgoFit’s Comfort Zone™ Office Ergonomics Software powered by Ergo Squad

Our new web-based SaaS, using ErgoFit’s approach, could be your breath of fresh air and move your organization toward standardized global best practices! Training features include personalized training, access to our full library of training topics, customization of your own training topics, integration with your LMS, and training communication directly from the software on specific topics. Contact us for a demo.

Office Ergonomics Training Handout Bundle

Our comprehensive collection of handouts is the perfect go-to resource to get you started on your ergonomic journey, to support employees after one of our workshops, or to build up your internal network drive resource library! They allow employees to independently make workstation adjustments following ergonomic guidelines. This can be the simplest and fastest resource for your employees to refer to frequently. The “Quick Check” can identify issues needing internal or professional support. The set includes:

- Office Ergonomics “Quick Check” Checklist
- Workstation Adjustment Guide
- Chair Adjustment Guide
- Shortcut Keys Handout
- Sit-Stand Guide
Office Ergonomics Digital Tips & Tricks Posters

This unique collection of 24 co-branded posters that can be printed and posted and/or uploaded to your system provides “drip training” facility-wide. This sustained training helps improve work habits and shift culture over time. Change out the posters throughout your facility once a month, for a dynamic 2-year refresher training program! The set includes:

- Chair Adjustment
- Armrests
- Desktop Keying
- Keyboard Tray
- Monitor Height
- Float While Typing
- Wrist Pressure
- Neutral Postures
- and many more…


This is a more comprehensive resource than the handout bundle (above). The manual begins with our Quick Check screening tool that pinpoints problem areas and tells employees exactly what page in the manual to consult for common solutions to that problem. The interior of the manual is designed like a flow chart – if w then try x, y, or z. There is an introduction to ergonomics as well as a glossary of common soft tissue injury terms. This comprehensive manual covers:

- Chair
- Keyboard
- Input device
- Environmental factors
- Monitor
- Work surface
- Work organization

Take Charge of Your Ergonomic Health!

These narrated PowerPoint modules are available as one full set or in shorter separate modules (see below). This office ergonomics workshop focuses on the symptoms and causes of cumulative trauma and how to reduce aches and pains by making several simple changes to employees’ existing workstations and equipment.

- The Why – Intro and Easy Anatomy Risks
- Chair Fit
- Keyboard & Mouse
- Monitors, Peripherals, & Mobile Devices
- Problem Solving
- Sit-Stand for Your Ergonomic Health

Sit-Stand for Your Ergonomic Health!

This office ergonomics workshop addresses the “why”, the “when”, and the “how” of using a sit/stand desk so that your investment is optimized and your employees’ health is optimized. Research shows that this kind of training increases standing time 3-fold!
Wellness Workshops

Slow Down Your Aging!©

WHO  All employees  LENGTH  1 hour

This is a superb first-workshop to support wellness efforts and ergonomic efforts, as it sets the stage for and motivates personal accountability for being healthy & safe!

Stretch Breaks!©

WHO  All employees (up to 20)  LENGTH  45 – 60 minutes

Performing a few stretches helps to keep blood circulating, decrease effects of static and repetitive movement, and improve postural imbalances. These stretches are designed to be performed briefly throughout the workday.

Stretch Breaks!© Posters

Full color, laminated, and co-branded posters with photographs and written descriptions allow employees to walk themselves through each stretch. This can be purchased separately or in conjunction with our live or remote workshop. Licensing for electronic posters also available. Volume pricing.

Stretch Breaks!© Pocket Guides

The size of a checkbook register, or a custom size, these pocket guides fit easily into a pocket. They have black and white sketches with written descriptions of each stretch. Licensing for digital pocket guides also available. Available with waterproof paper and ink. Volume pricing.

Protect Your Back!© (Self-Guided Program)

WHO  All employees  LENGTH  1.5 hours (optional live demo and practice workshop)

The majority of people have occasional lower back pain and don’t know what to do about it. The uniqueness of our program is that it is safe for all abilities with low time investment. It equally emphasizes strengthening and stabilization for the abdominals, gluteals, and deep low back muscles, as well as having a stretching component. Our program is based on science and rehabilitation principles rather than misinformed fads. This workshop provides an overall orientation of how to use the Protect Your Back! © Manuals, covers the science and theory behind the program, and demonstrates the exercises and stretches in Levels 1 and 2 (out of our 5 level self-guided program) for optimal back health and function.

Protect Your Back!© Manuals

This is a safe self-guided 5-level program for optimal back health and function, based on rehabilitation principles. These full color manuals include tracking guides at each level. Volume pricing.

Protect Your Back!© Video

This video covers an overall orientation of how to use the manual, the science and theory behind the program, demonstrates the exercises in Levels 1 and 2 (out of 5 total) and the stretches. Terms of Use Agreement required.
Fit to Go!©

WHO  All employees
LENGTH  1 hour

In our hands-on fitness workshop, we share simple strengthening exercises that anyone can do anytime, anywhere!

Fit to Go!© Workouts for the Road
Manual features simple, fun exercises that are easy to do anywhere – no gym required!

Wellness Products

Looking for simple, quick solutions to immediately start improving the wellness of your workforce? Look no further.

Wellness Articles
Topics include nutrition, fitness, sleep, and other general wellness issues.

Resistive Tubing Exercise Posters
Feature exercises essential to stabilizing your body and performing functional tasks safely and efficiently.

Stability Ball Exercise Manuals
Feature exercises effective at developing core and joint strength and stability, reducing risk of injury.

Cable Machine Exercise Posters
Feature joint and spinal stability and mobility exercises, enhancing muscle recruitment during functional tasks.

Management Training

Train the Evaluator: Office Ergonomic Screens©

WHO  In-House Personnel who deal with ergonomics, facilities or injury issues, such as HR, Facilities, Safety Manager, Industrial Hygienist, or Purchasing
LENGTH  18 contact hours

This 18-hour course is designed to teach in-house Human Resources, Safety, Industrial Hygiene, and Facilities personnel how to conduct office ergonomic screens and basic early interventions to prevent or reverse early musculoskeletal discomfort. Send your Purchasing Manager or Design Committee for extra benefit.

It is approved for:
- 15 (General) recertification credit hours toward PHR, SPHR and GPHR recertification through the HR Certification Institute (HRCI).
- 15 Professional Development Credits (PDCs) for SHRM Certified Professional (SHRM-CP) or SHRM Senior Certified Professional (SHRM-SCP)
- and is eligible for 1.5 CEU points (Category 7) for BCSP recertification.
To Stand or Not to Stand at Your Computer Workstation!©

WHO Management and supervisors  LENGTH 1 – 1.5 hours (live or webinar)

This presentation discusses the economic, wellness, and ergonomic benefits of sit-stand, as well as tactics and strategies to consider.

Creating the Age Friendly Workplace©

WHO Management and supervisors  LENGTH 2 – 3 hours

This workshop describes what happens physiologically in the body as we age and measures to accommodate those changes in the workplace to keep all employees (no matter their age) engaged and injury free. This also addresses ergonomic challenges existing in the workplace that are often present regardless of age.

Ergo for a Healthier Workplace!©

WHO Management and supervisors  LENGTH 1 – 1.25 hours

Teach your management and executives the financial and health benefits of ergonomic interventions.
Prevention through Design is the process for reducing occupational health and safety hazards during design and purchasing processes to prevent work related injuries, maximize efficiency and improve profitability associated with various job tasks and facilities. It is considered a world-class best practice!

**Ergonomic Policy and Procedure Consultation**

We can audit and co-develop existing policies and procedures within your ergonomic / health / safety departments. This can include topics such as ergonomics mission statements, personnel / committee structure, roles & responsibilities, equipment policies, evaluation request policy, protocols, remote worker policies, general guidelines, and more.

**Ergonomic Facility Design Consultation**

We do not want you to build or configure your work areas, furniture or equipment in a way that causes injury risk and human inefficiencies...ultimately wasting money retrofitting later! Whether a reconfiguration, tenant improvement or a new construction, we can collaborate with your architect, design team, and furniture vendors to provide recommendations that suit the job tasks, job equipment, and workflow of your employees. Incorporating custom, expert-based ergonomics (not ergonomic labels) into your design will create safer, more productive, and more sustainable work areas for your people.

**Starter Design Guidelines**

Not ready for custom design recommendations? Try our off-the-shelf Starter Design Guidelines that provide generic design considerations.

**Ergonomic Equipment & Furniture Purchasing Consultation**

Often we see a variety of types of equipment in a facility, much of it lacking legitimate or sufficient beneficial ergonomic features. Ergonomic equipment & furniture purchasing guidelines help streamline procurement and avoid potentially harmful or unnecessary purchases on a going-forward basis. We will work with your team to provide a customized list of preferred and standardized ergonomic equipment & furniture based on an evaluation of your space and how your employees work. We will assist you in obtaining and rating demo equipment & furniture as much or as little as you’d like, building a package based on your specific needs.

**Starter Equipment Guidelines**

Looking for a simple solution now? Choose our basic off-the-shelf Starter Equipment Guidelines, which includes a general list of preferred ergonomic equipment specifications and ideal features, helping you begin the process of selecting and standardizing your equipment.