

Pinnacol Pointers for Safety Group Programs

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Office Ergonomics 101

Think you can't get hurt in an office environment? Think again. Even though your employees may not be handling heavy machinery, there's still the potential for musculoskeletal injuries related to repetitive movement, materials handling and more. Employers often neglect office staff due to an assumption of reduced risk and hazard exposure. Make sure you're avoiding office employee injuries by giving your office a self-evaluation using Pinnacol resources.

A whopping 80 percent of our policyholders have reported that they were able to resolve their office ergonomic issue themselves after watching our Office Ergonomics Interactive DVD. The video is an easy-to-use tool designed to help policyholders ensure their office employees are safe and comfortable. Watch and you'll learn how to:

- Reduce soft-tissue injuries to office workers, customer service workers and other employees resulting from overuse.
- Teach employees how to properly set up their workstations.
- Lower workers' compensation costs, and keep employees safe on the job.
- Establish an effective office ergonomics program.

Like all Pinnacol safety materials, this resource is complimentary, and it's easy for you *and* your employees to access. You can even copy it to your intranet as a training resource for your employees. Order a physical copy (under the Safety tab, click on the Order Materials button, then click on the DVD Training and Resources section) or stream it on our Resources page. Just follow the instructions below:

- Click on the Office Ergonomics link on the middle of the page. It will ask you to enter your policy number.
- The video will take a few minutes to load.
- The employee self-evaluation videos are covered in modules 1 and 2.
- Module 5 has some good tips on what to consider before providing training.
- Handouts and FAQ documents are located under the downloadable Resources section.

Please take advantage of this important, free resource. If after making the suggested modifications with the appropriate resources your employee is still experiencing some discomfort, please contact us on our Safety On Call hotline at 303.361.4700. We're committed to helping your organization build a culture of safety, so please let us know how we can help you.

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