

Fundamentals of an Ergonomic Strategy



April 8, 2021
2:00PM ET



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What is the PPSA?

Benefits of joining

- Share best practices
- Improve your Safety Approach
- Provide a platform to voice concerns to your paper clients
- Build partnerships
- Greater influence

Go to

<https://www.ppsa.org/>

to join

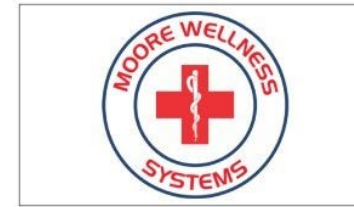


2019 PPSA Annual Safety Conference

Today's Speakers



Matt Kanneberg is WestRock's Director Medical, Ergonomics & Home Office Health and Safety COE. Matt has had a 30-year career working in the paper industry mostly focused on Capital Construction, Pulp & Paper Mills and Enterprise/Global H&S Management.

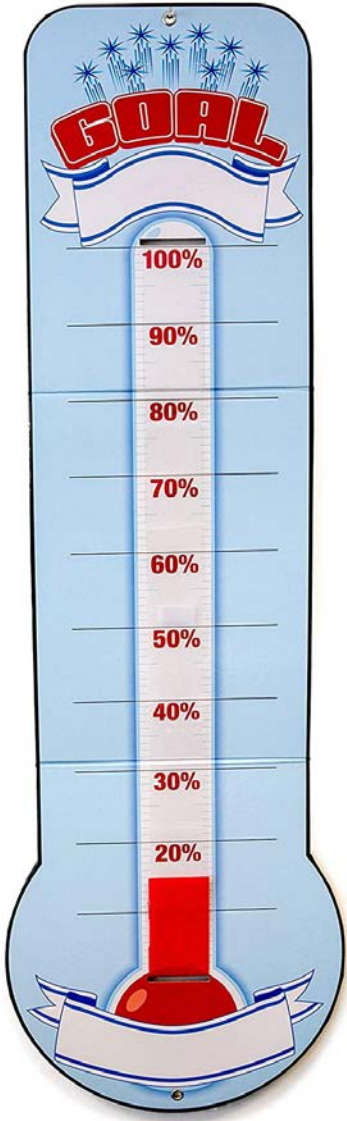


Brett Moore M.S.S./ATC/CEAS is owner of Moore Wellness Systems, LLC. Moore Wellness Systems provides Industrial Athletic Training and Injury Prevention services in more than 20 states. Brett has worked in NCAA Division I Athletics and Industrial Athletic Training for over 32 years.

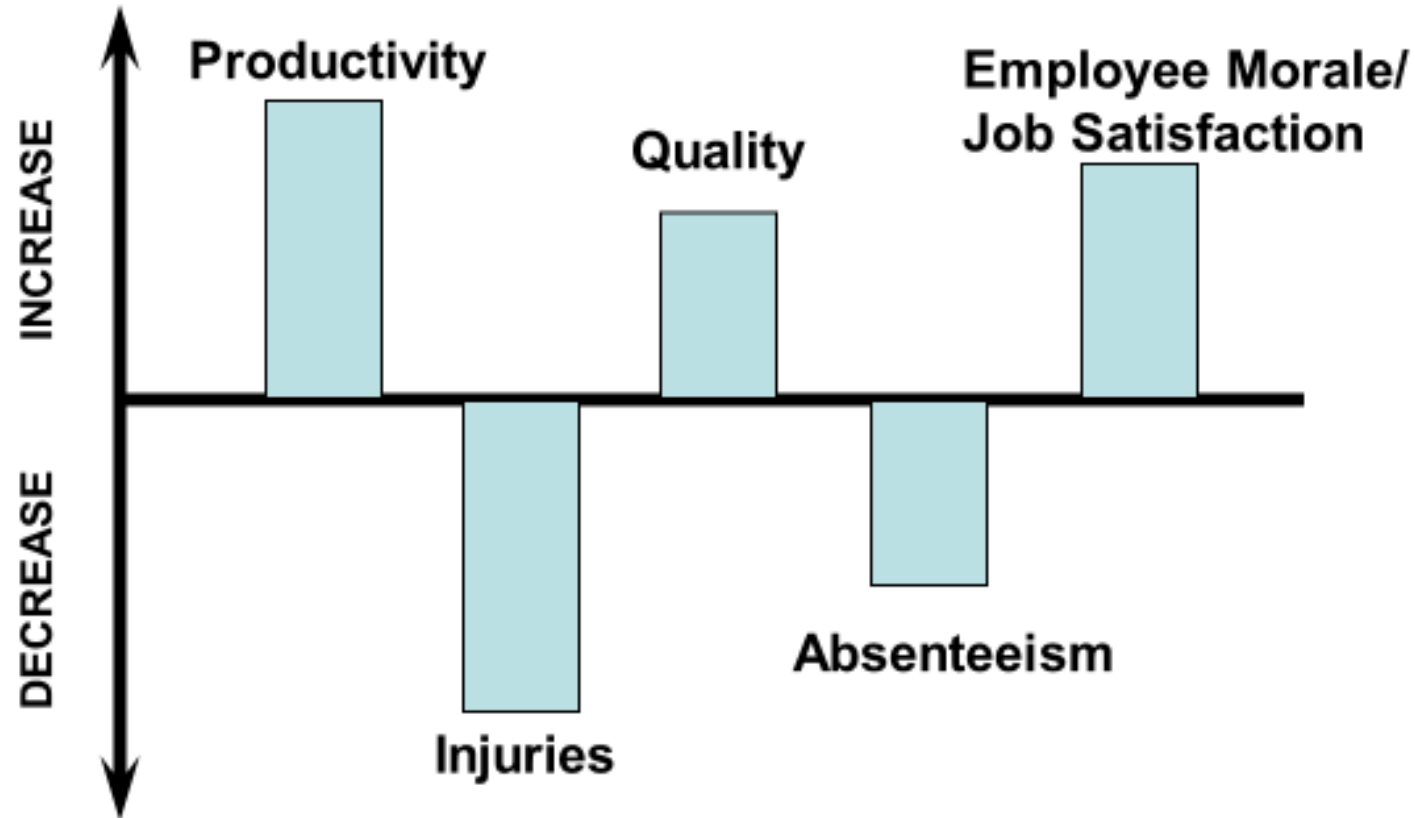


Agenda

- Ergonomic Fundamentals
- Strategy + Execution = Success (Goals)
- Barriers & Challenges to Success
- Critical Elements to Ergonomic Program
- Short Term / Long Term Strategies
- Engage Subject Matter Experts (SMEs)



Ergonomics: What are its goals?



QUALITY OF LIFE!

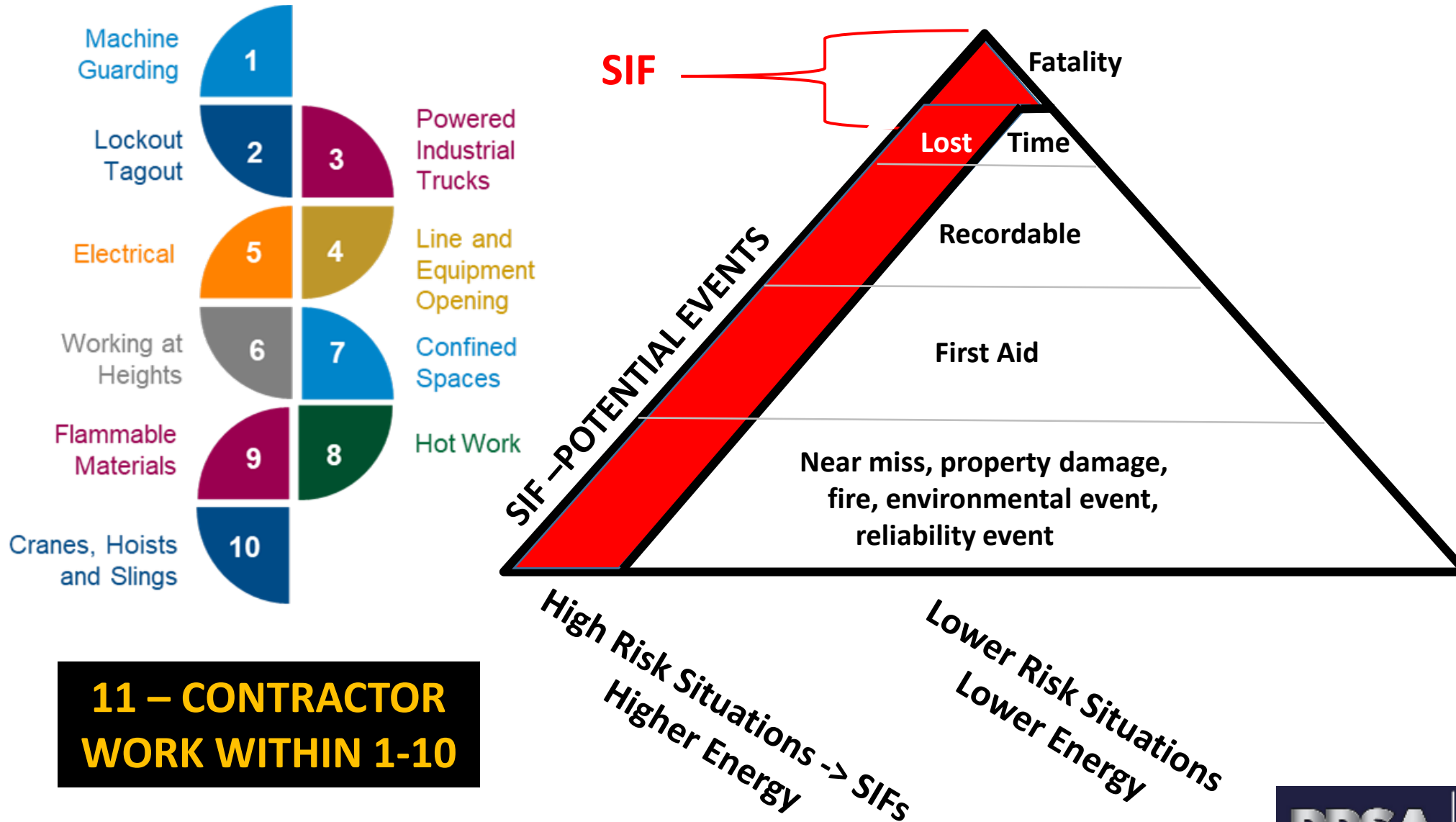




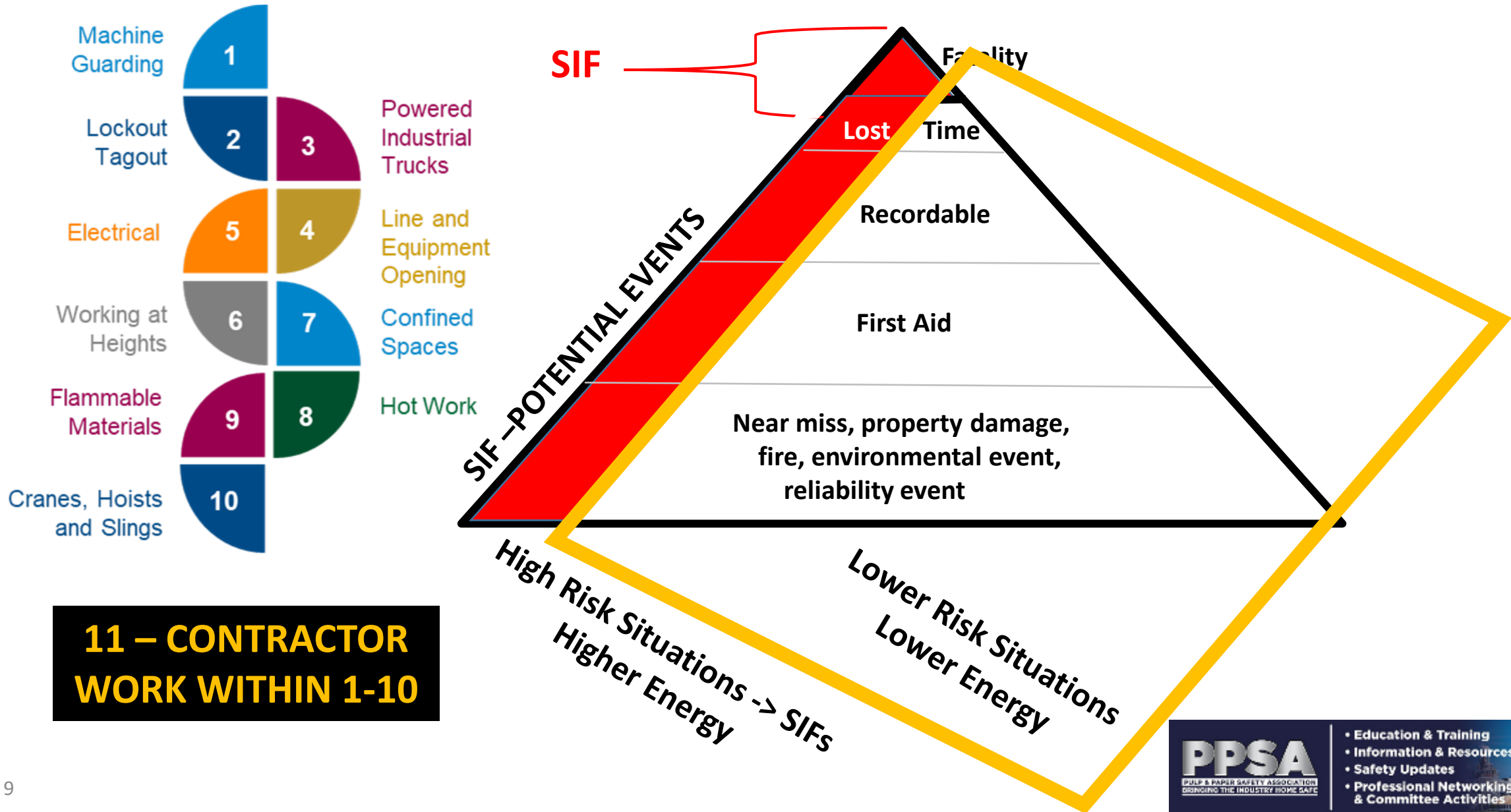
Ergonomics Linkages

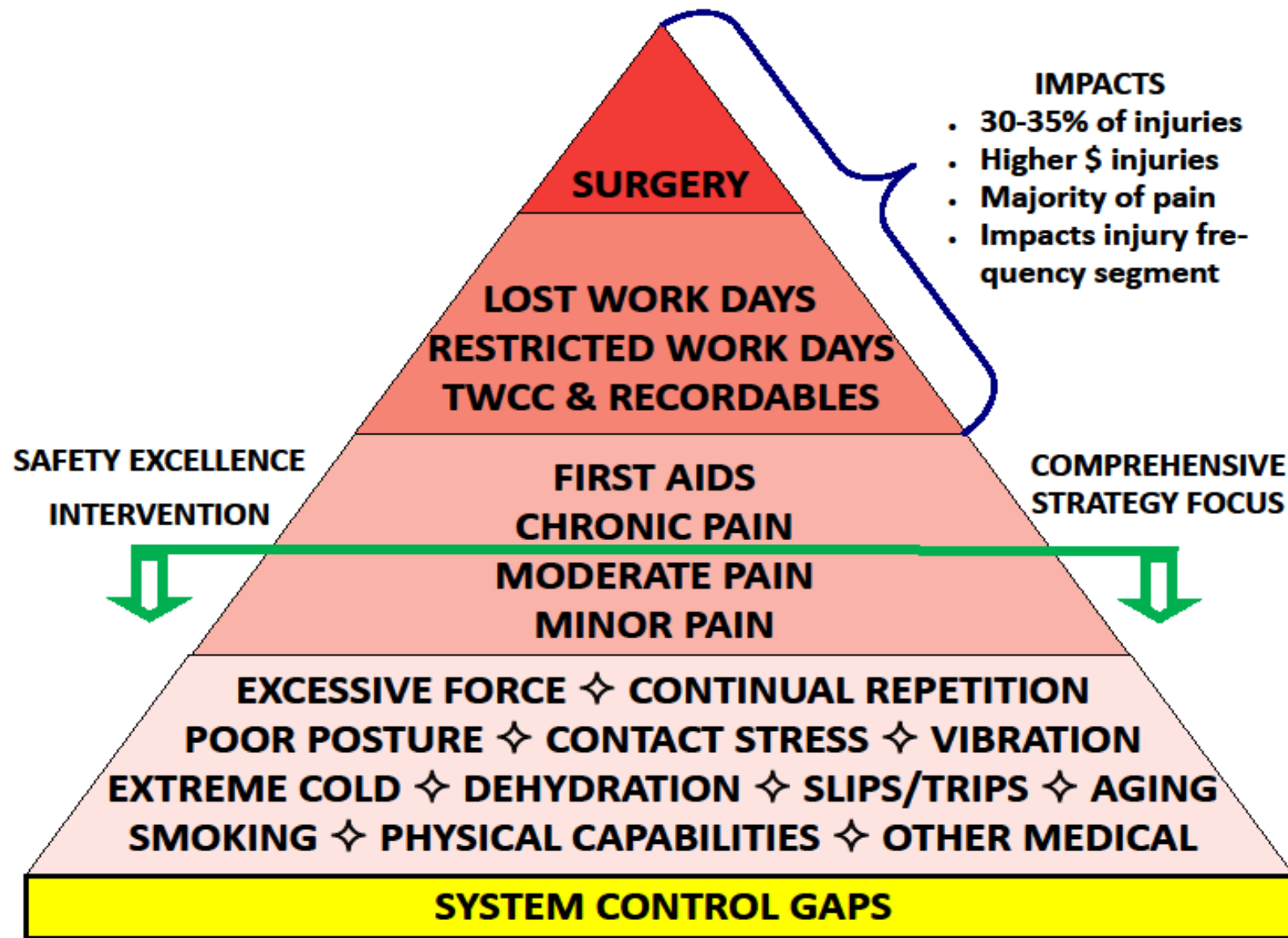


Where do ergonomic injuries fall within the injury/risk spectrum?



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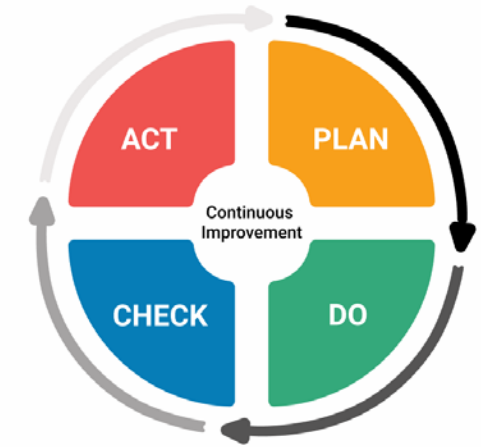




Barriers & Challenges to Ergonomic Success

- Seems overwhelming and controls can be complex in nature
- Lack of comprehensive strategy
- Lack of early pain and discomfort reporting
- Ergonomic understanding (eye) should be internalized in all that we do
- Fear of 'owning' non-work-related injury concern of increasing recordable injuries (check out PPSA Call to Action [LINK](#))
- Culture of fear of reporting injuries and incidents
- Overemphasis of lagging data equating to safety success – the absence of injuries doesn't equate to presence of controls/defenses
- Lack of enterprise and/or facility level competency / SMEs

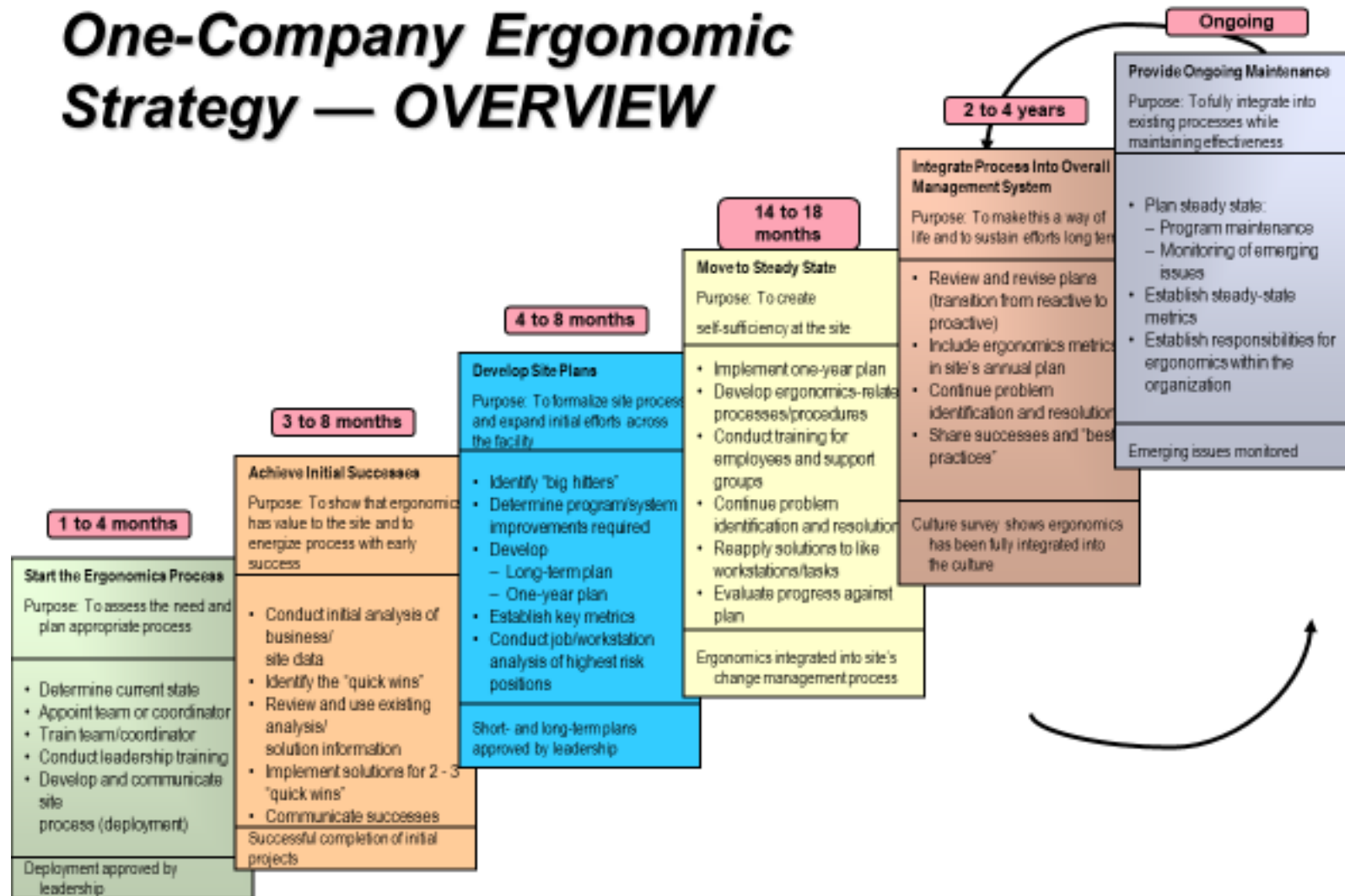
Ergonomic Emphasis



Critical Elements to Ergonomic Program

- Leadership Support
- Training/Competencies: Leadership - Owner - Focus Team – Teammates
- Link Ergonomics & Wellness
- Engagement – Focus Team for Ergo/Wellness
- Early pain/discomfort awareness and reporting process
- Strategy: Data & Surveys, Procedures, Tools & PPE, Momentum & Communication and SMEs
- SMEs: Ergonomist, Healthcare Professionals (ATCs) and H&S Professionals

One-Company Ergonomic Strategy — OVERVIEW



Athlete or Industrial Worker?

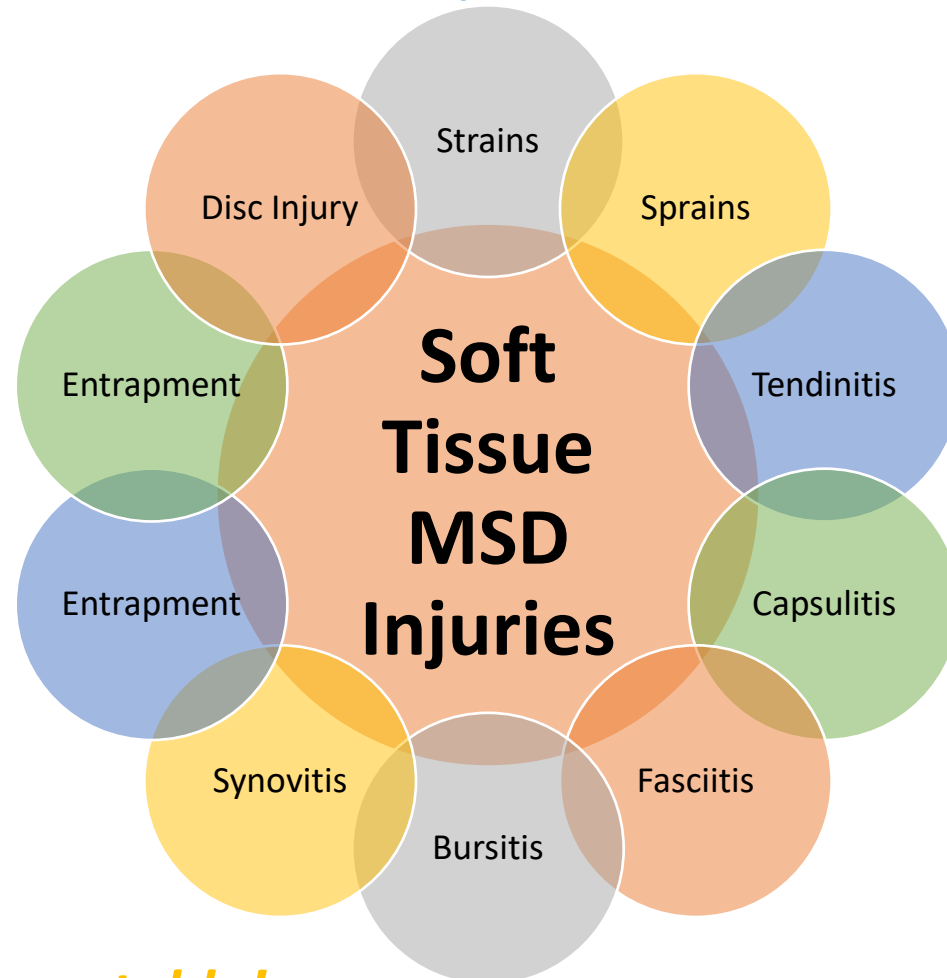


Athlete or Industrial Worker?

Lower Back Pain



MSD Injury Prevention Is The Same In All Settings: The very same basic components...



Soft Tissue Injuries Are Preventable!

MSD Injury Prevention Is The Same In All Settings: The Very Same Basic Key Components

- Apply Basic Principles of Ergonomics/Biomechanics/Human Factors
- Proper Hydration/Nutrition
- Efficiency of Blood Flow

Soft Tissue Injuries Are Preventable!

A.T.C. (Certified Athletic Trainer)

- Soft Tissue, Musculoskeletal, Orthopaedic Injury
- Evaluation and Immediate Treatment
- On Site Ergonomic Assessments

Soft Tissue Injuries Are Preventable!



A.T.C. (Certified Athletic Trainer)

- Injury Evaluation and Treatment of acute injuries
- Complete understanding of OSHA first aid is a must
- Daily Health, Wellness, Ergonomics Employee Education
- Participation in Ergonomics and Wellness Teams (Create Ergonomics/Wellness Teams)
- Ergonomics Assessments throughout facility (CEAS III)
- Help employees with non-work-related injury work to prevent from becoming work related
- Assist with Safety Team Projects

Example of Understanding the OSHA First Aid Protocol

SOFT TISSUE/MSD OSHA REGULATIONS



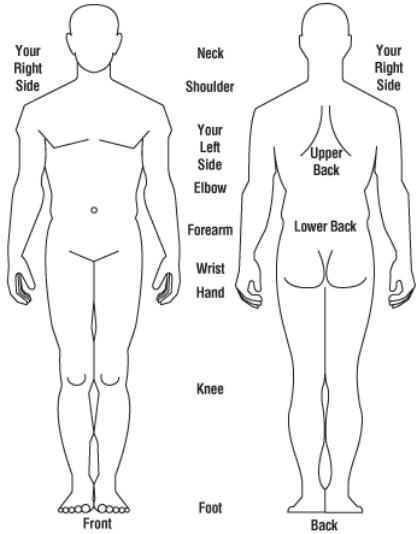
Employee Wellness and Injury Prevention

Managing MSDs & Soft Tissue Injuries



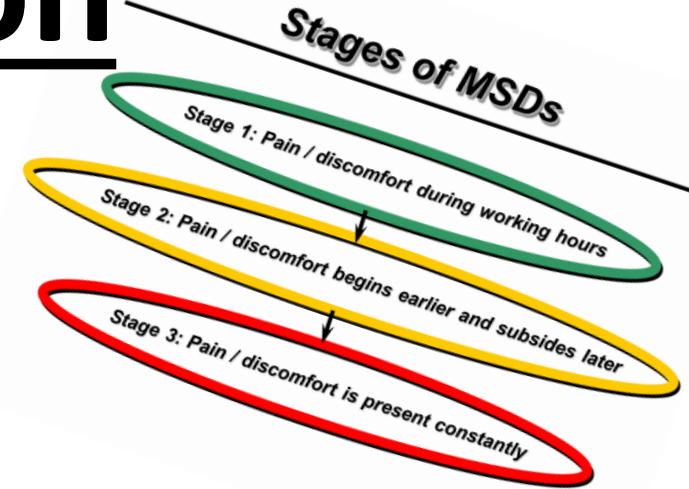
Address discomfort and pain symptoms early!

Key Component to ANY Successful Ergonomics Program

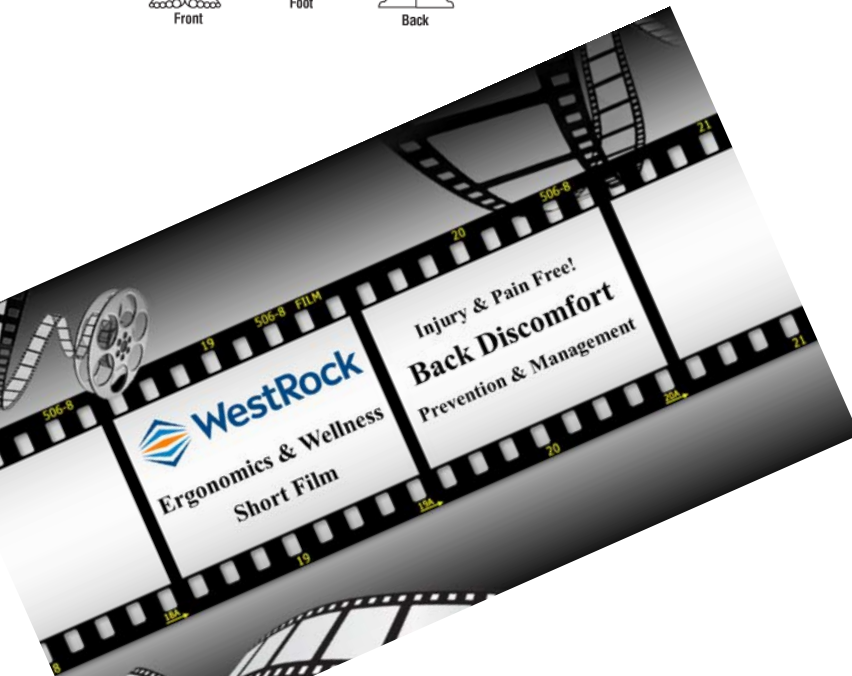


Employee Education

Whenever and wherever we can
Easy To Understand and Regular



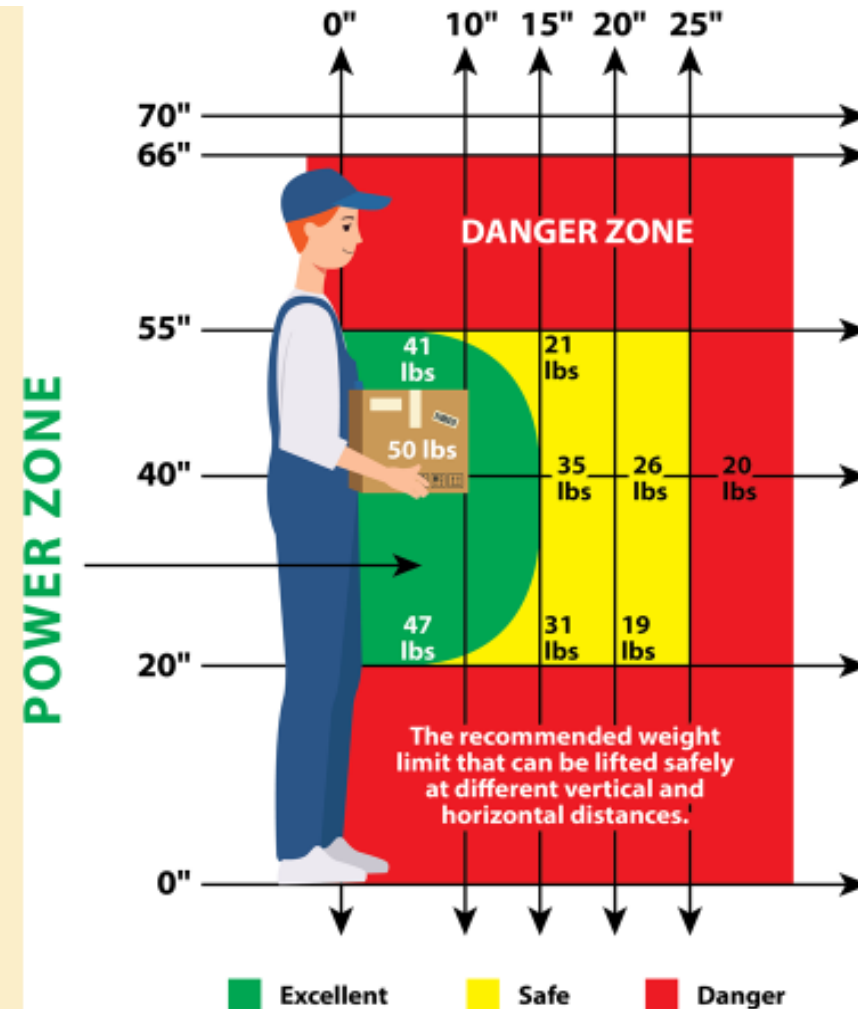
Leadership Training in Ergonomics



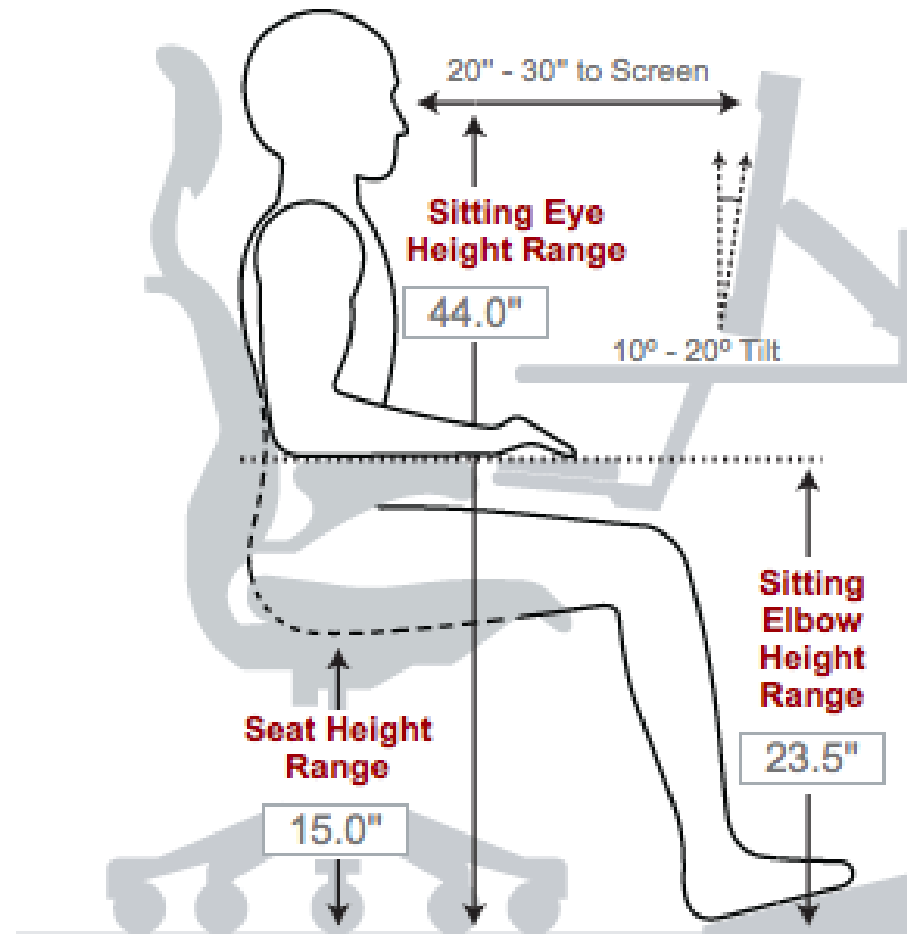
Power Zone Education: Very Effective/Simple Tool

WHAT IS THE “POWER ZONE?”

- The **power zone** for lifting is close to the body, between mid-thigh and mid-chest height. Comparable to the strike **zone** in baseball, this **zone** is where arms and back can lift the most with the least amount of effort.



Seated Safety: Very Effective/Simple Tool



Employee Health and Wellness

Maintaining & Improving an employee's quality of life is the number one priority.

- Educating employees, proactive controls and addressing MSD's early is how you do just that while significantly improving the facility injury rates and overall safety success.

QUALITY OF LIFE!



Conclusion:

- Don't let it intimidate you...get started on the basics
- Must have leadership support
- Build competencies at all levels of an organization
- Engagement – Focus Team for Ergo/Wellness
- Early intervention of pain and discomfort
- Continuous Improvement (strategy)
- Engage SME's when appropriate
- Create an ergonomic eye - lots of free/easy improvements

Soft Tissue Injuries Are Preventable!

