



# Ergonomics Assessment and Improvement Process

## Preventing Manual Material Handling and Repetitive Motion Injuries

United Heartland is committed to helping you prevent manual material handling (MMH) and repetitive motion (RMI) injuries. The best way to do so is through a sound ergonomics assessment and improvement process.

Let us teach you how to build a strong ergonomics program or maximize an existing one — in any industry. Our expertise and resources can help you create an effective approach to raise your organization's productivity and cost-savings to the next level.

Through the United Heartland Ergonomics Assessment and Improvement Process, you will learn proven strategies to help you:

- Reduce workplace injuries
- Improve safety
- Protect your workforce
- Increase productivity
- Boost profitability



**United Heartland**

*Managing Risk. Insuring Success.*



U.S. Bureau of Labor Statistics reports an average of 650,000 work-related musculoskeletal disorders per year, resulting in costs to employers of over 20 billion dollars.

- \$1 of every \$3 of workers' compensation costs are spent on occupational musculoskeletal disorders.
- Average costs are \$8,070 versus \$4,075 per case for all types of work-related injury.
- Indirect costs of ergonomic-related injuries are three to five times higher. These include absenteeism, staff replacement and retraining, productivity and/or quality.

## The United Heartland Difference

The primary difference between traditional ergonomics assistance offered by the competition and the UH method is how we lead you through each step of the process. We focus on the specific causes of loss by:

- Analyzing past loss experience to focus and prioritize the ergonomic assessment
- Performing a comprehensive ergonomics evaluation
- Developing an ergonomics action plan outlining the steps to achieve effective changes
- Taking a detailed approach to lead you through the process to identify the most beneficial outcomes possible

The ultimate objective of the UH solution is to **proactively identify ergonomic loss exposures** and develop **long-term solutions** that address these issues. Our strategies seek to improve your ergonomic process **before** an injury occurs.

Let United Heartland help you prevent ergonomic injuries through operational excellence, sustainable improvements and superior stewardship. Contact your Loss Control representative or call us at 800-258-2667.



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