

# The Ergonian

A monthly newsletter for the Oregon State Agency office ergonomic community

September 2005

## "Office Ergonomics – Do They Really Work? An analysis of the effectiveness of the state of Oregon's office ergonomics initiative"

By Tony Brace, M.S., CPE, SAIF Loss Control Consultant  
September 2005  
Excerpt from Professional Safety Magazine

The objective of the initiative was to reduce musculoskeletal disorders (MSDs) among state employees who performed seated office work. Brace's analysis looked at ten years of worker's compensation claims data, specifically for fingertip-to-shoulder claims, from FY 92/93 to FY 02/03. He narrowed the data down to agencies who participated in the training provided in the Office Assessor's training program. Additional narrowing occurred which excluded agencies with a high prevalence of fingertip-to-shoulder MSD claims where the source was not seated office work.

Brace's analysis found that there was a significant decrease in the prevalence of fingertip-to-shoulder MSD injuries. However, reductions in severity were not found. The evidence did not show that there was a significant change in average medical paid costs and average time loss days over the time period studied. The drop in the prevalence of claims "**suggests that the training and subsequent structure of the state of Oregon's office ergonomics initiative may be having a positive effect on the health of employees by providing the knowledge and equipment needed to reduce worker discomfort and pain.**"

## SAIF Ergo Assessor Training Date

October 18th, 8:30am –  
11:30pm  
@ SAIF Corporation

For more Info Contact:  
wenqui@saif.com

## New and Improved Office Ergonomics Assessor Class

If you have not attended an office ergonomic assessor's class in the last two years, now is the time to consider taking the class again. The same principles that were taught in the past still apply however the style of teaching has changed with new instructors. Come find some new nuggets of information!

## RESOURCE CENTER

### DAS:

<http://www.oregon.gov/DAS/Risk/ergoguide.shtml>

### OR-OSHA

<http://www.cbs.state.or.us/external/oshaconsult/ergonomic/ergonomics.htm>

[www.ergonomics-information.com](http://www.ergonomics-information.com)

## Ergo Assessor Graduates

Congratulations to the following employees that completed their **3** required ergonomic assessments, and have officially graduated in August!

DHS - Caroline Tresidder, Terry Roberts, Sherry Whitehead, Dan Gumtow-Farrior  
DAS - Victoria Wittenberg