

COLUMBUS BUSINESS FIRST

topic:

Are you equipped to reduce associate injuries, illnesses and absenteeism?

advice:

Did you know that MSD (musculoskeletal disorder that affects nerves, muscles and tendons) is one of the main causes of lost work time, work place injuries and work place illnesses? The Bureau of Labor Statistics (BLS) reported nearly 388,000 cases of MSD accounted for 33% of all worker injuries and illnesses in a one-year period.

Now, think about what having an unfocused workforce due to MSD can do to your bottom line. By taking simple steps like using ergonomic furniture and sit-to-stand desks you can help reduce poor performance due to illness or medical conditions. Ergonomics, for example, is a great investment that can lead to improved productivity, decreased absenteeism and turnover, and lower insurance and workers compensations. Here's a checklist that may help you avoid MSD in the workplace:

1. Complete an audit of your space to identify problem areas where associates spend more than ½ their day sitting.
2. Find a great ergonomic chair to align your body with your work space. A good ergonomic chair should conform equally well to all sizes, shapes, and contours without restricting circulation through pressure.
3. Encourage your associates to get up and move. Consider your space and plan it to encourage movement and implement sit-to-stand desking options.
4. Get in some real face time. Before you send that email, get up and walk over for a face-to-face chat.

Getting creative with your space and adding a few healthy furniture options is a great way to protect your associates and your bottom line.



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