

## Remote/Telephonic Ergonomics Assessments

At Genex, we put years of experience in medical and disability management into action by assisting employers, carriers, and third-party administrators with remote/telephonic ergonomics services. Our remote ergonomics services can be delivered telephonically utilizing digital pictures and/or web-based video.

Genex ergonomics specialists follow the National Institute for Occupational Safety and Health (NIOSH) definition of fitting the workplace conditions and job demands to the capabilities of the working population. This gives employers real world solutions that will provide immediate impact. Recommendations include engineering, administrative, and personal solutions. Our ergonomics specialists assist employees with reducing discomfort, increasing productivity, and maintaining a safe work environment. Our services cover:

- ✓ Prevention
- ✓ Workers' compensation
- ✓ Disability/ADA accommodation

## Getting Started

Prior to the consultation, Genex will email an ergonomics request form to document the working environment and any discomfort the employee is experiencing, including instructions on pictures or web-based video.

- Take a profile picture of the employee in the workstation from the right and left side. Take it from far enough back so the chair and monitor are included in the picture.
- Take a picture showing the position of the hands and wrists while using the keyboard and mouse. Picture should be taken from above the head.
- Take a picture from behind the employee (back) showing the layout of the workstation.
- Take a profile picture showing an activity that causes discomfort or any other area of concern. Make sure it shows how the employee is interacting with the workstation.

When Genex receives the completed request form, an ergonomics specialist will be assigned and will reach out to the employee to schedule a consultation within 48 hours. The remote/telephonic assessment averages 30-45 minutes and includes a report with recommendations.



## Remote Assessment in Four Easy Steps!

### Step 1

A Genex ergonomics specialist reaches out to the employee and requests three to four pictures of the employee at their workstation along with other workstation information, if not already provided. If possible, workstation measurements can be included and assist in the assessment but are not required.

### Step 2

The ergonomics specialist will ask questions to understand the employee's work habits, postures, and any related discomfort.

### Step 3

The ergonomics specialist will provide education and training on proper posture, equipment adjustment, and work habits during the call.

### Step 4

After the assessment, the ergonomics specialist will complete a report that details the risk factors, recommendations to reduce risk factors, and any equipment that may assist if needed.

Genex does not sell equipment or represent equipment providers. Our focus is on proper use of available equipment at the worksite. If needed, unbiased equipment recommendations will be provided utilizing your current office supply company.

## Benefits

- Customized nationwide programs
- Save time and travel costs
- Effective and efficient expert advice
- Perfect for remote areas, home offices, or people who work from multiple offices
- Prevent injury, reduce discomfort, and increase productivity

