

## Service Description: Ergonomic Assessment for an Office Worker

### **Ergonomic Assessment Goals:**

- To improve the ergonomic design of the computer/office workstation
- To control or eliminate the risk of work-related musculoskeletal disorders
- To improve worker comfort and health

**Ergonomics** is the application of scientific information concerning humans to the design of objects, systems and environment for human use. Good ergonomic design is associated with the prevention of injury and increased productivity.

### **What is Included in the Ergonomic Assessment from Work-Able Solutions?**

- A 1-hour evaluation with the occupational therapist
- Review of the equipment, workstation layout, job duties, physical symptoms, and work habits
- Ergonomic recommendations that are practical, cost-effective, and consistent with current research evidence
- Explanation of ergonomic recommendations during the assessment, and assistance to make immediate adjustments
- A summary report outlining the specific ergonomic recommendations
- A complete package of handouts on computer/office ergonomics

### **When to consider an Ergonomic Assessment with an Occupational Therapist:**

- When a proactive approach to workplace health and injury prevention is desired
- When one or more workers are experiencing physical discomfort while working
- When a work-related injury has occurred
- When a worker with a specific impairment requires accommodation
- When new office equipment is being considered

### **Assessment Fee: \$300 \***

\*Note: This fee applies to an assessment for one worker; a discount is applied when multiple assessments are scheduled

### **Other Related Services**

Equipment purchase support: Work-Able Solutions can provide consultation and assistance with the purchase of new or specialized equipment.

Ergonomic Follow-up: These services may be required to when equipment trials are in place, and/or to ensure the recommendations have been effective.

**Please contact us for more information on this and other services available.**