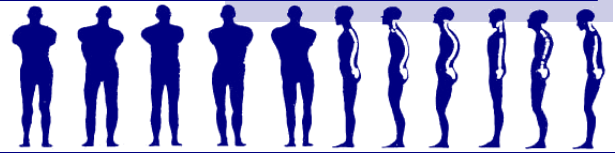


# ERGONOMICS



## FIT THE TASK TO THE WORKER

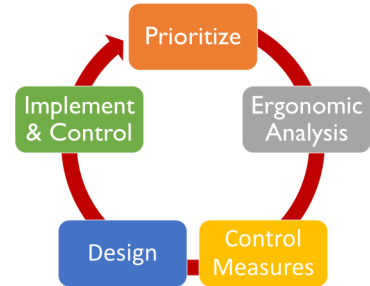
### WHAT IS IT?

The word 'ergonomics' is from Latin:  
*ergon* - work  
*nomos* - laws

Ergonomics (a.k.a. human factors) tries to fit the task to the worker. Too often, employees perform tasks in hazardous postures or environments which may cause them injury, either immediately, or over time.

Ergonomists are trained to identify these postures, tasks, and specific factors, implement changes, and help prevent injuries.

**The cost of injury is high.** Any injury, no matter how big or small costs money. This cost can be direct; workers compensation and medical costs, or indirect; reassignment, re-training, lost productivity, etc.



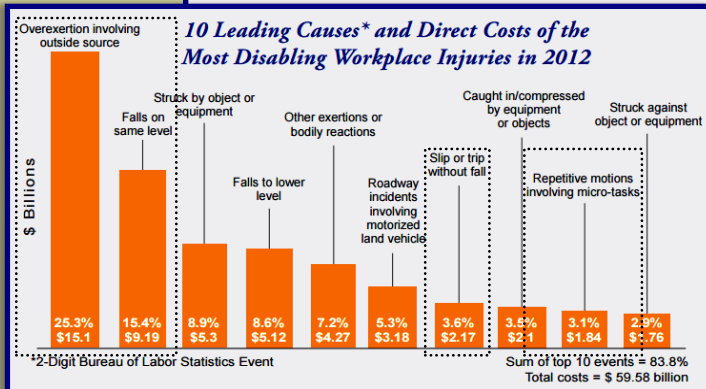
The JFA Ergonomic Process

### WHAT ARE THE ADVANTAGES?

Ergonomics is all around you. Ideally, it is so subtle that you will not even recognize it. **Just as you may not see good ergonomics, you may also not recognize poor ergonomics.** This is when injuries can occur.

Effective ergonomics benefits both employers and employees through improved health and safety, productivity, and lowering costs. Specifically, ergonomics can be used by itself or in conjunction with other efficiency techniques to:

- Increase Productivity
- Improve Work Quality
- Improve Health and Safety
- Improve Worker Quality of Life
- Decrease Workers Compensation Costs
- Decrease Rework and Scrap Related Costs
- Reduce the likelihood of OSHA fines
- many more...



2015, Liberty Mutual Safety Index, dotted outlines represent situations where ergonomics may be used

## JF ASSOCIATES, INC. ERGONOMIC SERVICES

JF Associates, Inc. offers comprehensive ergonomic solutions, such as:

- Ergonomic Program Development and Implementation
- Ergonomics Training
- Ergonomic Workplace Evaluations

Examples of past industry clients include:

- Automotive
- Call centers
- Construction
- Government
- Energy
- Financial
- Food processing
- Higher education
- NIOSH/OSHA
- Healthcare
- Retail
- Manufacturing
- Warehouses
- many more...

### EXAMPLES OF SUCCESSES

**Client:** Marriott Live Los Angeles

**Successes:**

- Reduced workers comp to \$0.5 million/yr
- 5% increase customer cleanliness score
- Reduced duvet making time by 32%

**Client:** Architect of the Capitol

**Successes:**

- Risk evaluation of 35 different tasks
- Implemented changes to reduce injuries

Please contact us if you would like any more information about our ergonomic or other engineering services.

### CLIENT TESTIMONIAL

"...They have been a life saver for me and my employees. JFAssociates' staff are genuinely kind and considerate and pains-takingly thorough. ...I feel confident that the employee has been given the information they need to help themselves continue to work in a pain free or pain reduced environment."

-Nancy, WEF

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