

OFFICE ERGONOMICS

WHAT IS ERGONOMICS?

Ergonomics is designing a job to fit the worker so the work is safer and more efficient. Implementing ergonomic solutions can make employees more productive. A core benefit of ergonomics is an increase in the user's comfort. That makes for a happier, healthier user, a streamlined system and a lower bottom line.

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, retraining, lost productivity, etc.

ADVANTAGES OF JF ASSOCIATES, INC.

While other ergonomic consultants apply a standard approach we customize our method to fit your business. Our customized approach to ergonomics is proven to reduce your costs. Benefits of our ergonomic analysis include:

- Increased productivity
- Improved work quality
- Improved health and safety
- Improved worker quality of life
- Improved worker morale
- Decreased absenteeism
- Decreased workers' compensation costs

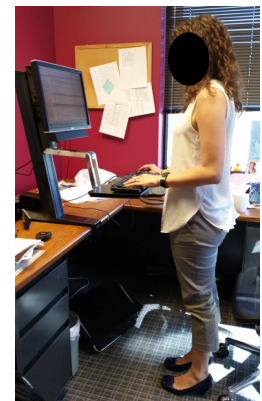
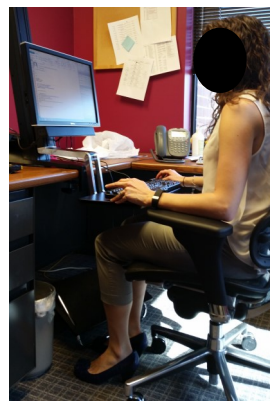
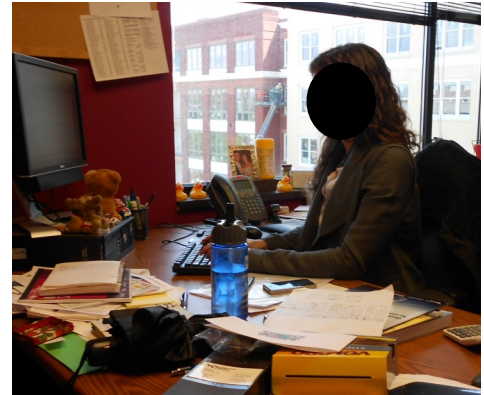
JF ASSOCIATES, INC. PROCESS

For an office workstation evaluation, just set up an appointment with us and an ergonomist will take you through our personalized process on-site. The evaluation entails:

- Background information
- Workplace observations
- Identifying risk factors
- Anthropometric measurements
- Workstation measurements
- Immediate changes
- Future recommendations
- Detailed reporting

BEFORE AND AFTER

An evaluation will set you up correctly, minimize your exposure to risks and educate you on the principals of workplace ergonomics (*before top, after sitting bottom left, after standing bottom right*).



JF ASSOCIATES, INC. RECOGNITION

- JF Associates engineers hold PhDs in ergonomics and are board certified CPEs (*Certified Professional Ergonomists*)
- Our engineers are world renowned for their expertise in *occupational ergonomics, time and motion studies, and workplace injuries*

CLIENT TESTIMONIAL

"...They have been a life saver for me and my employees. JF Associates' staff are genuinely kind and considerate and painstakingly 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 Cornwell, WEF



JF Associates, Inc.
ENGINEERING CONSULTANTS

Fairfax, VA 22031 . USA

Phone: 703-938-2895

<http://www.jfa-inc.com/>
ergo@jfa-inc.com