ADP IA

OFFICE ERGONOMICS:
3 EASY TIPS for reducing injury risk

Ergonomic-related employee injury claims — like repetitive stress injuries, tendinitis, back injuries and carpal tunnel syndrome — add up to **$20 billion** in U.S. workers' compensation insurance costs each year.[1]

You can help reduce the number of employee insurance claims — and their cost to your business — by better managing workplace ergonomic risk factors. Here are three tips to help:

1 Cut the glare.

Help reduce your employees' eyestrain by:

- Controlling natural light using curtains, blinds or window tinting
- Using matte finishes on walls, floors and furniture
- Installing filters to diffuse harsh overhead lighting

Eyestrain affects more than 70% of employees who work on a computer every day.[2]

On average, 95% of an office worker's day is spent sitting in front of a computer[3]

Lift with your legs.

2 Get smart about screens.

Technology is often a major contributor to poor ergonomics. What to do?

- Position monitors so eye level is at the top of the screen
- Adjust brightness and contrast
- Angle monitors away from light sources

3 Encourage proper lifting.

Make sure employees always:

- Consider the weight of an object before lifting
- Bend at the knees and lift with the legs
- Ask for help when they need it

Back injuries account for one of every five workplace injuries.[4]

Your employees count on you for a safe, comfortable and productive working environment. And you can count on ADPIA* for smart solutions to help protect your people and your business.

Connect today to learn more about managing risk. Call us at (855) 237-5335.

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