

Ergonomics

Safe Work Groups Presentation

Andrew Dolhy CPE
Ergonomist

November 12, 2008



New Health and Safety Regulation - Part 8

Musculoskeletal Injury Prevention Regulation

www.gov.mb.ca/labour/safety
Manitoba Workplace Safety and Health Regulation 217/2006

- Spot the ergonomic hazard
- Assess the ergonomic risk
- Find a safer way
- Everyday

Definition

"musculoskeletal injury"
means an injury or disorder of the muscles, tendons, ligaments, joints, nerves, blood vessels or related soft tissue, including a sprain, strain or inflammation that may occur to a worker in a workplace and that is caused or aggravated by any of the following:

- (a) a repetitive motion;
- (b) a forceful exertion;
- (c) vibration;
- (d) mechanical compression;
- (e) a sustained or awkward posture;
- (f) a limitation on motion or action;
- (g) any other factor that creates a risk of musculoskeletal injury.

Part 8 MUSCULOSKELETAL INJURIES

Risk assessment

8.1(1) When an employer is aware, or ought reasonably to have been aware, or has been advised, that a work activity creates a risk of musculoskeletal injury, the employer must

- (a) ensure that the risk is assessed; and
- (b) on the basis of the assessment, implement control measures to eliminate or reduce, so far as is reasonably practicable, the risk of musculoskeletal injury to the worker.

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Part 8 MUSCULOSKELETAL INJURIES

8.1(2) The control measures may include one or more of the following:

- (a) providing, positioning and maintaining equipment that is designed and constructed to reduce or eliminate the risk of musculoskeletal injury;
- (b) developing and implementing safe work procedures to eliminate or reduce the risk of musculoskeletal injuries;

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Part 8 MUSCULOSKELETAL INJURIES

8.1(2) The control measures may include one or more of the following:

- (c) implementing work schedules that incorporate rest and recovery periods, changes to workload or other arrangements for alternating work;
- (d) providing personal protective equipment in accordance with Part 6 (Personal Protective Equipment).

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8.1(3) An employer must

- (a) monitor the effectiveness of any control measure implemented to eliminate or reduce the risk of musculoskeletal injury; and
- (b) where the monitoring identifies that a risk of musculoskeletal injury is not being or has not been eliminated or reduced, implement further control measures, where it is reasonably practicable to do so.

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Part 8 MUSCULOSKELETAL INJURIES

Duty to inform workers

8.2 An employer must ensure that every worker who may be exposed to a risk of musculoskeletal injury

- (a) is informed of the risk and of the signs and common symptoms of any musculoskeletal injury associated with the worker's work; and
- (b) receives instruction and training respecting any control measure implemented by the employer.

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Part 8

- Spot
 - Aware of or been advised of a risk
- Assess
 - Conduct an assessment
- Find
 - Implement controls and monitor effectiveness
- Everyday
 - information and instruction

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Ergonomics Range of Outcomes

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Implement Work Schedules

Provide Personal Protective Equipment

Provide Personal Protective Equipment

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Solution Implementation

Review the solution with your findings from the **Assessment** and involve workers

- Continuous Improvement**
 - efficiency, quality, customer service, health and safety is a bonus
- Legislative Compliance**
 - meet the requirements of the Act and various Regulations

- Moral Duty to provide a Safe Workplace**
 - difference between day to day aches and pains and identified hazards
- Minimize the loss of Skilled Workers**
 - make changes so that injured workers can return to a safe job earlier
- Workers Compensation Costs**
 - direct and indirect costs that relate to premiums

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SAFE WORK Part 8

Continuous Improvement Process

Spot Define

- Aware or advised of a risk

Assess Measure, Analyze

- Conduct an assessment

Find Improve

- Control and monitor

Everyday Control

- information and instruction

Resources

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Number of Projects and Associated Costs (24 Case Studies)

Cost (\$)	# of Projects	Percentage
0	8	26%
1-99	12	35%
100-500	5	21%
501-1000	1	4%
1001+	1	4%

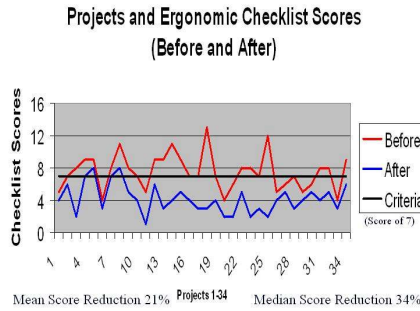
Mean Cost - \$584.50 Median Cost - \$50

Total Project Costs and Savings (non office projects)

90% of projects had less than 5 months pay back

Savings from Direct Quality and Efficiency Benefits (no health and safety benefits)

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The Small Workplace Guide

Resources available at www.mflhoc.mb.ca

Andrew Dolby
direct 926-7906
1-888-843-1229

Andrew Dolby, CPE

