

DoD Ergonomics Working Group NEWS



Issue 45, December 2005

www.ergoworkinggroup.org



USACHPPM Ergonomics Program: Assessment Services

Ergonomists with the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) offer a variety of assessment services to meet your needs, budget and time constraints. Program staff will visit your installation or perform work remotely depending on the level of detail needed to assess any job, equipment or process that you feel needs attention. They assess typical work areas such as office workstations, laboratories and industrial environments as well as specialized tasks involving vibration exposures or military specific equipment.

Take Advantage of What They Have to Offer!

On-site Assessments

Ask USACHPPM ergonomists to visit your installation for one day up to two weeks to evaluate specific workstations, processes or individuals. Available survey techniques include videotaping, interviews, time motion analysis, lifting analysis, posture analysis, worker perception questionnaires and surveys based on good ergonomic principals.

Tele-Ergonomics

Call on Ergo Program staff to assess jobs using videotape footage, digital photographs and background information that you provide. The ergonomists will coach you on videotaping and photography techniques, survey collection information and ergonomic risk factor identification. They will evaluate the provided videotape footage, photographs and background information to make recommendations to minimize or eliminate ergonomic hazards associated with the job in question.

Continued on page 2

Office Workstation Evaluations

To meet the needs of organizations that are required to perform yearly inspections of every computer user in their organization, Ergo Program staff developed a computer-based checklist tool that can:

- Assess computer workstation deficiencies.
- Identify workers symptomatic with a work-related musculoskeletal disorder (WMSD) or diagnosed with a WMSD.
- Provide corrective actions.
- Prioritize workers who need attention immediately.

They have effectively used this 5-minute checklist to evaluate hundreds of workstations.



Vibration Assessments



The Ergo Program has trained vibration experts who can perform hand-arm and whole body vibration assessments to help you comply with American Conference of Governmental Industrial Hygienists standards or European Union Directive 2002/44/EC. Through the use of triaxial accelerometers, the vibration assessment team can provide you with an indication of the vibration exposure your employees face. Remember, minimizing vibration exposure protects workers from the injury risks associated with vibrating equipment and hand tools as well as maximizing their productivity.

Job Requirements and Physical Demands (JRPD) Survey

This 116-question survey based on ergonomic, psychosocial and individual factors is a means for personnel to identify specific work processes, activities and tasks related to musculoskeletal discomfort and/or work-related musculoskeletal disorders. The survey results assists Ergo Program staff in developing recommendations to improve workstations without ever seeing the workstation.

**Contact the USACHPPM Ergonomics Program at
410-436-3928 to discuss your ergonomic needs.**