



April 2009

Ergonomic Principle for April

Awkward Posture



Working in an awkward posture is not only uncomfortable, but it can also cause wear and tear to the body. We need to look at how we are working.



Are you standing with your back bent? Working with your elbows away from your body? Is your wrist bent at an angle? Maybe you have to constantly bend and reach below your knees to pick something up off of the floor. Take a look at these things. What can you do to change them? Is there a simple fix that can be put in place to alleviate some of these? Your ERRP Team can help. Send in a suggestion card and ask the team to take a look at your work area. Sometimes a few simple adjustments can alleviate a lot of unnecessary stress and fatigue to our bodies. If you are experiencing pain or discomfort while doing your job, let's take a look and see what is causing it. Do we need to change your work methods? Or is it as simple as moving around some equipment to make things more accessible for you? This process is for the individual employee and we start with your suggestion.



Do you see yourself in any of the awkward postures shown here?



WANTED (YOUR USED EQUIPMENT)



Does your office have old equipment sitting in a store room or a corner gathering dust? Perhaps ERRP can help you with your spring cleaning! We have relocated U-carts, bread racks, plastic trays, satchel carts and other items that one office no longer needed and another office found very desirable. If you have any of the items listed above or other used equipment- A frames, nutting trucks- please contact us at the ERRP office listed below. We'll be happy to try to find a new home for your old equipment!

What people are saying about... **ERRP!**

Recently, employees at offices that are actively involved in the ERRP process were asked by Headquarters to share their opinions about ERRP. Here's what people are saying about ERRP:



- 92% of those who responded said that **ERRP has made a difference in their work day**
- When asked to share their positive experiences with ERRP, respondents cited **decreased pain, helpful equipment provided by ERRP and information shared through training, stand up talks and newsletters**

Room for improvement Employees were asked to share their constructive criticism of ERRP as well. Concerns that were shared were limited quantities of equipment, problems with management in implementing fixes and the length of wait to obtain equipment. 65% of those who responded cited no negative experiences.