

ENGAGE OFFICE EMPLOYEES EARLY IN PREVENTING WORK INJURIES WITH WORKSITE INTERNATIONAL'S



SELF ASSESSMENT SYSTEM FOR EARLY IDENTIFICATION OF REPETITIVE MOTION INJURIES

Worksite International's Self Assessment System for office employees allows you to gain an edge on preventing and managing work injuries more effectively by engaging employees early in the reporting process. When employees have an opportunity to evaluate themselves, it demonstrates commitment and accountability to your process. To learn more, visit www.worksiteinternational.com or call 831-648-8724 to purchase today!

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Worksite International's Self Assessment System is based on the theory of Participatory Ergonomics developed by Kageyu Noro and Andrew Imada (Taylor and Francis, © 1991). Participatory ergonomics requires that the end-users, those that will benefit from ergonomics be vitally involved in developing and implementing the technology. By doing so, it offers the following benefits:

- o Legitimizes employee concerns
- o Gives ownership to employee ideas
- o Encourages support and long term commitment
- o Serves as a gateway to your ergonomics program

Worker involvement encourages:

- o Better work habits
- o Improved work safety
- o Increased productivity
- o Improved comfort and ease at work
- o Increased control over work environments

By engaging your employees in the ergonomics process, they'll be able to modify it to solve future problems thereby increasing accountability and responsibility to the individual and to your ergonomics program.

The Self Assessment System Includes :

1. The Worksite International Office Ergonomics Self Assessment tool (1- page templated)
2. Email response templates for employees based on a preventive approach or in response to a workers' comp claim or non-occupational injury.
3. Worksite International's employee safe work practices

The Worksite International Office Ergonomics Self Assessment tool uses a 16-point criteria based on the Human Factors Engineering of Computer Workstations (ANSI/HFES 100-2007, ©2007). Employees evaluate themselves in the following areas:

- ⇒ Task Analysis
- ⇒ Ergonomic Chair Use
- ⇒ Keyboard Use
- ⇒ Mouse Use
- ⇒ Monitor Use
- ⇒ Document Placement
- ⇒ Essential Tool Placement
- ⇒ Work Surface
- ⇒ Telephone and more

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Alison Heller-Ono
President/CEO
1993-Present

About The Author – Alison Heller-Ono MSPT, CDA, CIE, CPE

Alison Heller-Ono is the President /CEO of Worksite International since 1993. Alison combines her M.S. in Physical Therapy with her expertise as a Certified Industrial Ergonomist, Certified Professional Ergonomist and Certified Disability Analyst. She is a nationally and internationally recognized speaker, author and trainer specializing in train the evaluator methods, ergonomics process development and work injury management through ergonomics. In 2002, she launched a national training program for rehab and safety professionals who were interested in becoming a part of the Worksite International Network (WIN) of Ergonomic Service Providers. The training program earned the prestigious **5 Star Seal of Ergonomics Excellence** from the Oxford Research Institute (2002-2006). Worksite International provides consultation, training and analysis to employers to help prevent and manage work injuries more effectively. Mrs. Heller-Ono is currently the Ergonomics Manager at the County of Monterey and continues to manage Worksite International, Inc. in her personal time.

The Ergonomics Program is an ongoing process that emphasizes a self-directed approach. It is the commitment of each employee at all levels to impart better workplace safety and health through participation in the ergonomics process.

The Worksite International Self- Assessment tool is easy to use. Just send the tool to the employee by email for completion. Results are returned by email and saved in Word or as a .pdf. Use the data to assist with your follow up one: one ergonomic evaluation by learning about the employee's specific tasks, work habits and concerns ahead of time. The Self Assessment allows your evaluator to be better prepared to respond to the employee, saving you time and money!



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