

facts (the work)

According to the Bureau of Labor Statistics:

- MSDs accounted for **34%** of the injuries and illnesses with days away from work
- Repetitive motion, including typing, resulted in the longest absences from work—a median of **23 days**

According to the Workers' Compensation Insurance Rating Bureau:

- The average medical cost per lost-time claim was **\$31,000** in 2002

services (the solution)

Worksite Evaluation

- Office Ergonomic Evaluation
- Home Office Evaluation
- Job Site Analysis: Industrial and Laboratory
- Remodels and New Construction
- Worksite and Task Evaluation
- Risk Factor Identification
- Written Report with Recommendations
- Employee Education



Educational Wellness Seminars

- Ergonomics
- Injury Prevention
- Body Mechanics/Back Safety
- All Seminars can be Customized

Ergonomic Program Design and Implementation

- Train the Trainer Programs
- Assistance with Return to Work Programs/Modified Duty

Functional Job Descriptions

- Written Summary of Essential Functions and Critical Demands of the Job

All services are provided by licensed Physical Therapists who are Certified Ergonomic Evaluation Specialists.



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Do you
have the
facts about
ergonomics?



myth vs. fact

Myth #1: Keyboard trays encourage proper upper body positioning.

Fact: In many cases this is true. However, keyboard trays may lead to increased reach to frequently used items depending on job requirements and may increase awkward wrist positions if not adjusted properly.

1

Myth #2: Sitting up straight with hips and knees at a 90-degree angle is ergonomically correct.

Fact: In a supportive chair, sitting slightly reclined with hips at a 100 to 110-degree angle decreases pressure on the discs in your back.

2

3

Myth #3: An adjustable task chair will fit everyone in the office.

Fact: Adjustable features are helpful, but if the chair is not the right size for the worker it will not be supportive or comfortable.

Providing ergonomic solutions today for a safer, healthier tomorrow...

Don't wait for your employee to develop a work related injury. Early recognition of symptoms followed by intervention can help prevent injuries. Most Work Related Musculoskeletal Disorders (MSDs) can be controlled through education, worksite modification, and exercise.

- Promote safe work practices
- Increase productivity
- Increase employee morale
- Decrease injury-related expenses
- Decrease medical expenses
- Decrease lost work days

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