MHC Enhanced Ergonomic Awareness

www.mhealthy.umich.edu

Click Here for Ergo
Before and After Ergo

Ann Arbor Campus 2006

Pulling Trash

Before: Pulling trash from a barrel with a vacuum seal

After: This special barrel has a raised inner seal that lets air pass through to release the vacuum

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After Ergo
Ann Arbor Campus 2006

Lightweight (10#) Backpack Vacuum with ergo handle balances weight distribution and is easier on the wrists
After Ergo
Ann Arbor Campus 2006

The Ultraglide Vacuum “Practically runs itself”

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After Ergo
Ann Arbor Campus 2006

Two barrels on wheels instead of one
Decreases repetitive trips to the dumpster
Before The mechanic was required to lay on the ground under the mower in order to perform repairs and maintenance.

The mechanic now has unrestricted under-vehicle access while standing to perform repairs and maintenance.
Dearborn Testimonial

“The Mohawk Turf Package has made a world of difference. It is easier to service lawn maintenance equipment since you can see better, the equipment is more secure on the lift than the floor jack, but most importantly there is no more lying on the floor in awkward positions for the back and rest of the body.”
Before and After Ergo
Flint Campus 2006

Before: Heavy equipment was manually pushed onto and off of the truckbed from the steep angle of the portable ramps.

After: A Tommy Lift Gate allows workers to load and unload equipment with a push of a button.
Before: Environmental Services employees pulled up to 10 waste carts chained together, with a pallet jack. The main problem was the chain system actually pulled some holes in the Waste carts, which cost approximately $300.00 each.
The Ergo Tug is able to pull up to 10 waste carts, without having to use the chain system, protect the carts and provide a safe powered mobility system. The employee, states he really likes the system and does not want to use anything else for transporting the waste carts.
The employee, states he really likes the (ergonomic equipment) system and does not want to use anything else for transporting the waste carts.
Materiel Services transport approximately 90 IV bags up to the units of University Hospital on a daily basis.

This blue cart holds 40 IV bags, which weight approximately 12 pounds per bag.

The employees have reported this job task is very hard and the cart is hard to push up and down the ramps of the hospital.
The Ergo Tug Transporter, a powered flat bed, was purchased and a wire cart was bolted onto the top of the flat bed, to transport the IV Bags throughout the hospital in a more ergonomically safe manner with little effort.

The reduced force is greatly appreciated by the employees of the Warehouse.
Ergo Grant
Departments 2007

• Community Dental
• Construction/Cabinet Shop
• East Ann Arbor Surgery
• Facilities Management
• Med Rehab
• Orthotics and Prosthetics
• Pathology/ Hematology
• Plant Department, Med Science and MSRB
• Unit for Laboratory Animal Medicine (ULAM)
• University of Michigan Children's Centers

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Ergo Awards 2007

Campus Departments

• Unit for Laboratory Animal Medicine (ULAM)
• Digital Media Commons
• Office of the Plant Director- Plant Payroll and Accounts Payable Office
• University Health Service/Managed Care/Student Insurance Dept
Ergo Awards 2007

UMHHC Departments

• UMHS Pathology and Hematology
• UMHS Patient Food and Nutrition Services (PFANS)
• UMHS Security and Entrance Services
• Lowered the workstation, adjusted the chair
• Added a foot rest and headset to promote recommended posture.
UMHS Mott Security Station 2007

- Standing height counter, Adjustable chair
- Screener's desk with a flexible adjustment for recommended height.
- The custom counter and desk have rounded corners.
- Each work surface was also designed to accommodate a badge printer, a hard badge printer and a document printer/copier.
Patient Food and Nutrition Services (PFANS) 2007

- Department-wide workstation reviews
- Employees engaged
- Modification of multiple workstations

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New Ergo workstations were installed for the staff members in the Duderstadt Center.

The workstations, keyboard trays, monitor arms are fully-adjustable.

34 Workstations
Office of the Plant Director; Plant Payroll and Accounts Payable Office 2007

- **Chairs** - Final selection was made by group consensus due to aging chairs and the amount of time spent sitting.
- **Dual Screens** - A two month test was conducted with improved maneuvering between multiple systems/screens, eliminating the need to print, less mouse use, productivity in paperwork processing increased. Pros and cons were documented and weighed along with cost for an official purchase proposal.
- **12 Workstations Improved**
Pathology/Hematology 2007

1. Department-wide program
2. Anti-fatigue mats and shoe cushions
3. The safety video presentation on ergonomics
4. Gel pads for wrist comfort.
5. Foam strips over the sharp edges on work bench corners.

enhanced ERGONOMIC awareness

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ULAM 2007

• Formed a multi-level, ongoing Ergonomics Safety Committee and Process

• Implemented training for all current and new staff

• Multiple equipment improvements throughout the dept.

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Ergo Self Help

Please visit the website for self help tools

www.mhealthy.umich.edu

Click Here for Ergo