Grants and Awards 2008-2009
The Ergonomics Team

Service Providers:
- Suzanne Bade: MHealthy Medical Ergonomics
- Sarah Cooney: OSEH
- Laura Drabczyk: Dearborn
- Jacqueline Eckert: UMHS/SMS
- Pamela Koczman: OSEH
- Michael Lane: Flint
- Brenda Myers: UMHS/SMS
- Laura Rometsch: Flint
Focus

- **Musculoskeletal Disorders**
  - Sprains, Strains, Pain
  - Back, Neck, Arm, Leg, Vision, Sensation

- **Issues/Risk Factors**
  - Postures, Repetitive Movement/Sustained Postures, Force, Contact Stress, Temperature, Vibration

- **Risk Reduction via**
  - Personal Habits, Administrative Controls, Engineering (Equipment)
Website Self Help

- **Tutorials**
  - Office, Laboratory, Material Handling, Patient Care
- **Videos:**
  - How to Adjust Specific Office Chairs
  - How to Adjust Specific Keyboard Trays
- **Ergo Tips to Print**
- **Design Guidelines**
Ergo Awards

- 2 Departments recognized for their efforts to reduce risk factors and engage employees
- Ross Technology Users Group, Ross School of Business
- Michigan Sea Grant College Program
  School of Natural Resources and Environment
Computing Services, Ross School of Business
Ergo Grants

- October is Ergonomics Month
- Annual competitive application process
- $45,000 central fund, with cost sharing nearly doubles the impact
- Over $400,000 requested
UMHS Pediatric Cardiology
Ergonomic Scanning Chairs

Before

After

“A variety of comfortable scanning positions reduces sonographer discomfort and fatigue, thereby improving scanning technique and quality of the overall study. The chairs have improved worker satisfaction.”

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The Cart Tuggers have been relocated to Linen Distribution and Environmental Services, in cooperation with Safety Management Services Ergonomics. Those departments were very happy to receive them and consider the equipment to be very helpful to reduce risk factors.
Dearborn Facilities Management
Electric Snow Shovels

Before

After

During heavy snow falls staff was happy to have the electric shovels to move large amounts of snow. Especially, when snow was left from plows in front of entrances and pathways.
Dermatology Clinic
Nitrogen Tank

Before

After

They all appreciated having the new tank so to avoid injury to their backs. There is no more bending and lifting and staff no longer complains of any low back pain.
Holden Nursing Supply Cart

Before

After

“Great work surface and height of surface is perfect!”
“I like how smoothly the drawers operate.”
Greatly reduces our past practice of bending, twisting, stooping, and squatting to gain access to supplies and administer care to patients.
Geriatrics Social Work
Tables and Carts

Before

It is safer, easier and quicker to set-up and re-set rooms for programs. All staff was thrilled with the new tables. They were much needed. You’d think we’d all gotten a personal gift! The issue of moving tables is no longer an issue. It was a great job satisfaction happening in our building.

After
Before

We are able to move more materials in a timely fashion as well as discomfort we are able to get more done. “The new carts are great, they allow us to move our conference materials without hauling and lifting boxes multiple times. We look forward to using them during our busy season”
Housing Facilities
Cleaning Equipment

All 3 residence halls, who received the equipment, reported an increase in the quality of restroom cleanliness. As skill levels increase staff are finding new ways to use the equipment including stairwell cleaning and in one case unclogging a slower drain.
Complaints of back and neck pain have diminished because the tables minimize the stretch across the table. The wheels are much easier to move. The adjustable-height legs help accommodate staff and alleviate back pain from bending over.
Cytotechnologists previously experienced neck and back strain. They now adjust the viewing tubes to a comfortable height and angle, spend less time making adjustments. “I can come into work and not have to worry about leaving with back pain”.

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Construction Services and Cabinet Shop
Height Adjustable Tables

Before

After

The height adjustable tables reduce back pain. Employees used to have to bend and reach while working. This year’s grant included the upholstery shop.
Epidemiology
Transfer Aids

Before

After

The belts have increased staff confidence to assist participants. It makes the tasks easier and safer when utilized properly. There is less discomfort for the staff member as they offer support during the various physical functioning exercises.
No more pushing and pulling heavy loads. Loads are now placed into a self propelled tip cart that can be moved by the push of a button. Job satisfaction increased, because the employee was able to do more with less effort.
Plant Building Services and Grounds Cleaning System

Before

Much more square footage can be cleaned, without worker fatigue. Job satisfaction increased; an employee can (do a tough) routine, and often negative task (restroom cleaning) more efficiently and professionally. “We should’ve had this a long time ago, I love it.”

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Plant Building Services and Grounds

Mops

Before

After

Flat mop prevented rework, and worker fatigue. Because the head is so easy to change, contamination was reduced, cleanliness and disinfection was also improved. Job satisfaction increased, because flat mops much more efficient to work with than the old traditional cotton loop mops. “I no longer hurt after mopping”
The new drop cart allows our Material Services delivery drivers to reduce the number of trips necessary for delivering packages to campus buildings. Job satisfaction has increased due to employees being able to work more efficiently.
Flint Music
Equipment Travel Carts

The following photos are examples of what needs to be moved during concerts -- from 1st level of French Hall to 2nd level Theater, as well as to offsite locations.

“The Ergo equipment replaces a ridiculous plywood-constructed monstrosity that weighed more than the equipment being moved and barely fit through doorways.”
Learn more and Apply for Ergonomic Grants and Awards at

www.Mhealthy.umich.edu

Thank You