

**WorkWell and
ErgoSystems Present**



ERGONOMICS ON-DEMAND!
Ergonomics for Health Care and Safety Professionals

Ergonomics Teams and Programs

Presented by Mark Anderson, PT, CPE



MENU

Developed by:

Mark A. Anderson, MA, PT, CPE

Certified Professional Ergonomist

Physical Therapist

ErgoSystems Consulting, LLC.

7421 West Shoreline Drive

Waconia, MN 55387

Voice: 952-401-9296

Mark.Anderson@ergosystemsconsulting.com

www.ergosystemsconsulting.com

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ERGONOMICS TEAMS AND PROGRAMS TRACK

Welcome

Hello everyone. Welcome to the *Ergonomics Teams and Programs Track!*

I'm Mark Anderson. I am a Certified Professional Ergonomist and Physical Therapist. I have been fortunate to work in ergonomics over the past 30 plus years.



Introduction to Ergonomics

I was first introduced to ergonomics in 1985. I was completing Physical Therapy graduate school and working in an Industrial Rehabilitation program primarily with Worker's Comp patients. I was trained in performing Functional Capacity Evaluations and the Work Hardening process as it was called back in the day.

One day, it occurred to me I needed to have a better idea of the job demands my patients were returning to as they completed the rehab process. I was able to arrange a tour of the workplace of one of my patients. This really was the first step in my ergonomics career.

Shortly after that I attended my first ergonomics course at the Center for Ergonomics at the University of Michigan in Ann Arbor. I found I was able to add the components of ergonomics workstation and tool design and analysis to my clinical practice and recognized this had value.

Evolution of Ergonomics Consultation

I continued my education and experience in ergonomics and in the early 1990's, I made a decision to move into a full time ergonomics consulting practice. In 1993, I went through the certification process of the Board of Certification in Professional Ergonomics (www.bcpe.org) to gain certification as a professional ergonomist.



My ergonomics consulting process continued to evolve; where initially I was performing ergonomics analysis and consultation for specific patients and clients, I was now working with companies more at a macro level.

I was providing ergonomics training to company representatives including health and safety, engineering, management and workers. I was asked to facilitate the development and implementation of Ergonomics Teams and Ergonomics Programs.

Collaborative Ergonomics

I was developing my philosophy of what I call 'collaborative ergonomics'. You might recall I mentioned this in the Ergonomics Manufacturing Track.

My experience taught me ergonomics is most successful when all the stakeholders – workers, management, supervision, health and safety, engineers, technicians, medical, facilities – come together in collaboration to identify the ergonomics issues, make appropriate recommendations and then work together to implement and follow-up on the recommendations.



What this has essentially taught me, in my experience anyway, is the value of Ergonomics Teams and Programs. To that end I have provided an Ergonomics Program Plan example to give you a framework of an ergonomics program.

Please feel free to review it and use it as it benefits you.

Sample Ergonomics Program Plan	
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Your Journey?

So, this has been my ergonomics journey so far; I have found it be productive and rewarding! Now where will your journey take you?

I know of many health care professionals who have continued to work clinically and have incorporated ergonomics into their practices.

I know of some who have gone the more corporate route working with companies at the macro level.

Bottom line – many opportunities in many different formats are available for health care and safety professionals. I wish you the best in whatever direction your unique journey takes you!

Thanks for your time and attention!

