



Ergonomic Technologies Corp.

Ergonomic Risk Assessment & Workplace Injury Prevention Solutions

www.ergoworld.com | 516-682-8558 | info@ergoworld.com

Health Care Industry

Profiting Through Ergonomics

Health care workers face some of the highest rates of occupational injury of any industry. ETC helps hospitals, nursing facilities, and clinical laboratories identify ergonomic risks, implement practical solutions, and build programs that protect staff and improve care delivery.

OVERVIEW

Health care consistently ranks among the most physically demanding industries for workers. Nursing and personal care facilities experience injury and illness rates significantly above the national average across all industries, with lost and restricted workday rates that reflect the severity of the physical demands placed on caregiving staff.

Research consistently shows that nurses have among the highest prevalence of low back pain of any occupational group, with reported rates ranging from 38% to 67%. Risk is greatest for Certified Nursing Assistants in nursing homes and long-term care settings, as well as for newer graduates who may lack developed body mechanics and handling techniques.

RISK FACTORS

Patient Handling & Care Delivery

- Patient transfers remain a primary source of musculoskeletal injury
- Studies show many nurses identify patient handling as a leading contributor to back pain
- Disposal of soiled linens and laundry require awkward postures and lifting under time pressure

Healthcare workers consistently attempt to apply proper body mechanics, but environmental and equipment constraints frequently make this difficult:

- Restricted room layouts that prevent safe positioning
- Non-adjustable equipment: beds, chairs, and commodes that cannot be adapted to the worker or patient
- Interference from other equipment, furniture, or infrastructure within patient rooms

Research & Clinical Laboratory Environments

- Repetitive tasks involving the smaller joints of the upper extremities: elbows, wrists, and hands
- Poorly designed workbenches and seating that force sustained awkward postures of the back and neck
- Excessive reach requirements due to workstation layout
- Inadequate or poorly designed tools including pipettes and handheld instruments used in high-repetition tasks

BENEFITS OF ERGONOMICS

- Optimize work system effectiveness to improve productivity and reduce waste
- Protect worker health, safety, and well-being across all care settings
- Continuously improve the knowledge base used to specify tools and equipment for the healthcare environment
- Deliver targeted instruction and training on safe patient handling, proper work methods, recovery breaks, and appropriate equipment use
- Specify and procure appropriate patient handling aids — transfer assists, mechanical lifts, and repositioning devices
- Evaluate and recommend ergonomically sound workbenches, seating, and tools for laboratory environments
- Reduce workers' compensation costs and lost workday incidents
- Improve staff retention and morale by demonstrating commitment to worker safety

TRUSTED BY LEADING HEALTH CARE ORGANIZATIONS

ETC has partnered with hospitals, nursing facilities, research centers, and health care industry organizations to deliver measurable ergonomic outcomes:

AHCA (American Healthcare Association)	OIOC (Occupational & Industrial Orthopedic Center)
Aventis	Biogen
Beth Israel Medical Center	SOMA (Sandler Occupational Medicine Associates, Inc.)
Conifer Health	Nobel Biocare
Beverly Enterprises	USACHPPM (U.S. Army Center for Health Promotion & Preventive Medicine)
Tenet Health	Peach Health
Merck	USAF Armstrong Laboratory
AltaMed	AliMed
OCCU Health (Occupational, Environmental & Preventive Medicine Consultants)	Vermont Rehabilitation Engineering Research Center
MacNeal Hospitals	Cigna
OCOSH (Ohio Center for Occupational Safety & Health)	Westchester County Medical Center

Contact ETC to Discuss How Your Business Can Profit Through Ergonomics

516-682-8558 | www.ergoworld.com