Reduce Lost Time Claim Costs through Prevention- fitness and ergonomics

CAGC SAFETY ALERT

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Canadian Association of Geophysical Contractors
1045, 1015 - 4th Street SW
Calgary, Alberta
T2R 1J4
Phone: 403 265 0045
Fax: 403 265 0025
E-mail: info@cagc.ca

The Purpose:

Alberta WCB Stats show that between **2010 and the end of 2014 Shot hole drilling (9201) industry has spent $207, 740 on Sprains and Strains only. Seismic Survey (9200) has spent $400,979 on Sprains and strains only for the same time period.** It has been proven that attention to workplace fitness, stretching, ergonomics and stress levels can significantly reduce these numbers.

The body:

The mechanical aspects of the body are made up of a variety of muscles, bones, and soft tissue including ligaments and tendons.
Ligaments attach bone to bone and tendons attach muscle to bone.
Tears to ligaments and tendons (known as sprains and strains respectively) are the leading cause of lost time claims and disability claims in the workplace.

Joints:

There are also 3 types of mechanical joints in the body. The strongest (hinge) have the least motion and the most protection. The weaker joints (ball & socket) have the most motion but the least amount of protection.

Most soft tissue injuries happen at the sight of the joint due to an improper movement of the joint or an unattainable force on the joint.

What can we do to minimize/limit injuries in the workplace?

It was found that companies that adopted a company-wide fitness regime (some as little as 15 minutes a day) during the work day have found significant decreases in injuries in the field, in the shop and in the offices.

It has also been found that those field workers with a fitness routine outside of the workplace have fewer injuries then those who don't exercise outside of work.

Office Ergonomics

Office workers tend to be at a higher risk of injuries (from lower back injuries to early death) from sitting too long. It was found that getting up from the chair every 20 minutes significantly decreases the likelihood of injury from occurring.

Prevention is the Key

Proper posture can take a huge load off of your lower back, especially when sitting correctly. Sitting with your butt as far back in the seat as possible and resting the back against the form of the chair attributes to proper posture. The top of the computer monitor should be at eye level. The knees should be slightly higher than the hips and the arms should not extend

(elbows at right angles). Proper posture can help with workplace fatigue, performance, reduction in ergonomic injuries, and overall health and longevity.

Ergonomically correct chairs can help in this, however, there is no "one size fits all" type of chair. Ergonomically correct chairs are useless if they don't fit the body type of the person using it. They are also useless if it is the right chair but the person using it chooses not to use it properly.

For more information on this please visit **Human Movement Solutions at**:

http://hmsapproved.com/