

August 2017

[saif.com](http://saif.com)

400 High St SE  
Salem, OR 97312  
P: 800.285.8525

[ergocert@saif.com](mailto:ergocert@saif.com)

## Making a difference

By Brian Sornson, State Agency Operations Supervisor

Thanks to all of the state agency and public university ergonomic assessors for the important role you play in reducing risk for injury.

Ensuring proper ergonomics in the workplace reduces the risk factors for musculoskeletal disorders (MSDs), such as muscle strains, low back injuries, tendinitis, carpal tunnel syndrome, and other painful conditions. As ergonomic assessors, your role is to help identify, troubleshoot, and mitigate those risks in office settings.

### More training, fewer injuries

Over the last five years, SAIF has hosted 923 state agency and public university attendees at our basic ergonomic assessor classes in Salem and throughout Oregon. During the 2016 policy year, at least 214 people attended these classes—a 58 percent increase from 2015.

We believe that increasing the ranks of ergonomic assessors has helped reduce the incidence of MSDs. Prior to 2010, MSDs regularly comprised 20 percent or more of all claims filed annually. By 2016, just 11.5 percent of all claims filed involved MSDs.

### Healthier workers, lower costs

For additional perspective, in 2016 there were 220 MSD-related workers' compensation claims, down from 294 in 2012. With an average cost between \$7,000 and \$11,000 per MSD claim, that represents significant savings to the State of Oregon.

Better access to ergonomically adjustable office equipment helps, but it isn't the whole story. By properly assessing and adjusting co-workers' workstations, you're helping them work more comfortably and efficiently, thus reducing their risk for injury. Thank you for making a difference.

### Upcoming ergonomics assessor trainings

#### Basic office ergo assessor

September 20, 2017 | Salem  
November 15, 2017 | Salem

For locations and to register online, visit [saif.com](http://saif.com)

### Online resources

[State of Oregon Office Ergonomic Consensus Guidelines](#)

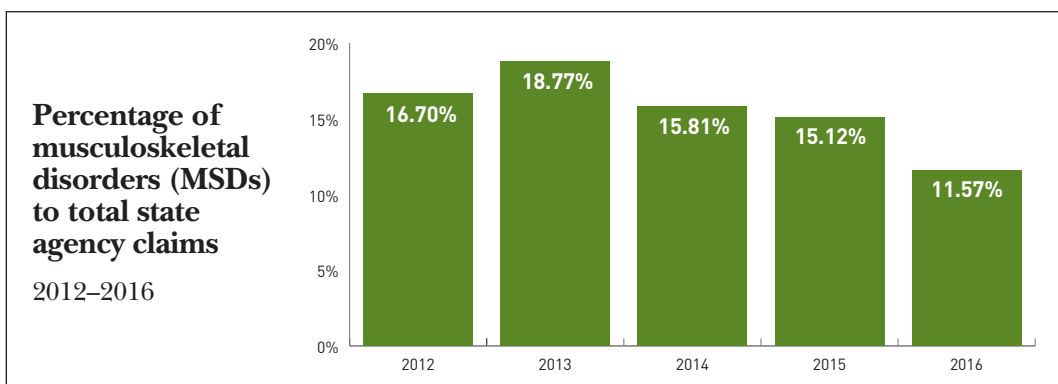
[Oregon OSHA Ergonomics Publications](#)

[OSHA.gov Computer Workstations eTool](#)

[SAIF Safety Topics](#)

### Office ergonomics assessor worksheet

[www.saif.com/Documents/Employer/trainings/S960/Ergo\\_Assessment\\_ff.pdf](http://www.saif.com/Documents/Employer/trainings/S960/Ergo_Assessment_ff.pdf)



## Recent ergo assessor graduates

Mandi Loberg | OSAC  
Gillis Garrott | Oregon immunization  
Amber Stanford | BOLI  
Lorena Becker | ODOT

Lisa Ellsworth | HECC  
Jessica Zachary | HECC  
Lynne Hellstern | HECC  
Lindsey Holk | HECC

Melissa Adams | HECC  
Melissa Hardwicke | DHS  
Paul Malvaney | DHS  
Randall Morris | DHS

Rhiannon Zacarias | DHS  
Brian DeBruhl | OR DEQ  
Sheri Richter | DHS Self Sufficiency

Congratulations to the following employees who completed their required assessments for Office Ergonomic Assessor certification.