

Workplace Ergonomic Consultations

Prevent Injuries Before They Start.

Musculoskeletal disorders (MSDs) are one of the top causes of workplace injuries and one of the most preventable. WorkCare's Workplace Ergonomic Consultations can help you proactively identify and address MSD risk factors before they become costly injuries.

Our ergonomic consultants are part of WorkCare's Incident Prevention + Wellness team, bringing more than 30 years of collective industry expertise in ergonomics, injury prevention, and human performance. We work with organizations of all sizes and across industries – both onsite and virtually – to create safer, healthier, and more productive workplaces.

WHY IT MATTERS

MSDs account for a significant percentage of work-related injuries, leading to:

- **High medical and rehabilitation costs¹**
 - Direct costs can range from \$15,000 to \$85,000.
 - Indirect costs (such as lost productivity and retraining) can double or triple the amount.
- **Lost productivity and absenteeism²**
 - Injury-related absences lead to an average 36.6% drop in productivity, costing \$3,600 per hourly worker annually.
- **Increased workers' compensation claims³**
 - Medical costs for MSDs range from \$30,000 to \$80,000 per case.
- **Risk of long-term disability**

OUR PROVEN PROCESS

Here's an example of how a typical Workplace Ergonomic Consultation unfolds:

Step 1 Discovery & Proposal

We start with a 30-minute discovery call to understand your needs. Based on this, we deliver a detailed proposal outlining the scope, timeline, and cost.

Step 2 Planning

Our team works with your project stakeholders to finalize logistics, define deliverables, and align on goals.

Step 3 Onsite Assessment

Our ergonomic consultant conducts a hands-on review measuring factors such as push/pull forces, reach distances, and repetitive motion risk.

Step 4: Recommendations Report

You receive a comprehensive Physical Demands Analysis with clear, actionable recommendations to reduce MSD risk and support job function compliance.

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The good news? MSDs are largely preventable. WorkCare's job design and ergonomic interventions combined with prevention strategies are cost-effective solutions that consistently deliver measurable results, including an average 4:1 return on investment in just the first year of program launch. Clients across manufacturing, aerospace, pharmaceuticals, utilities, and logistics collectively saved millions each year by working with us to reduce injury risks before they escalate.



HOW WE WORK

Our subject matter experts (SMEs) combine expertise in ergonomics, safety, sports medicine, and total employee wellness to customize solutions for your specific work environments. Consultations may include, but are not limited to:

- A comprehensive review of your workplace setup, job tasks, and individual worker needs
- Observations and analysis of ergonomic risks such as repetition, exertion, material handling, and prolonged sitting
- Targeted recommendations that may include:
 - In depth job and physical demand analyses
 - Plant-level to workstation design and adjustments
 - Production flow design when implementing new lines
 - Laboratory and vehicle ergonomics
 - Deploying and integrating computer vision AI, wearable technology, or tools
 - Engineering or administrative controls
 - Worker education to reduce exposure
 - Customized Dynamic Warmup or Stretch & Flex programs and more

Contact us to schedule a consultation.