



Risk Solutions

QBE ErgoSolve®

Did you know that office workers spend 95% of their day sitting at a workstation, risking injuries due to poor ergonomics? This may seem like a small risk, but employee injuries resulting from poor workplace ergonomics account for **34% of all lost workday injuries and illnesses**.* QBE ErgoSolve can provide solutions to reduce the risks.

QBE ErgoSolve Benefits

Correct office ergonomic solutions will increase productivity by a median of 12%** and lift employee morale while reducing the risk of repetitive stress injuries. Our team can work with your staff to identify ergonomic risk factors such as poor or static postures, and workstation design issues – factors that may contribute to future musculoskeletal disorders (MSDs).

Once you know what to look for, assessing workstations can be quick and easy. QBE ErgoSolve tools provide guidance for both managers and employees to make those critical workstation adjustments themselves, manage risk factors and foster a more productive work environment.



QBE ErgoSolve Process

- 1 Exposure/Need Identification:** QBE ErgoSolve helps customers and employees identify and avoid risk factors and behaviors.
- 2 Management Commitment to ErgoSolve Process:** Establishing a safety culture to prevent office ergonomic injuries begins with a commitment from management. Then QBE ErgoSolve can help shape your culture with employee orientation, training and proper workstation set up.
- 3 Employee Education:** QBE ErgoSolve offers a variety of tools and training materials to help employees and managers understand ergonomic workstation safety.
- 4 Workstation Assessment and Adjustments:** QBE ErgoSolve shows employees how to conduct self assessments and trains managers to help with the process. QBE Consultants can train a site resource or perform onsite and/or virtual assessments.
- 5 Exercise & Work Breaks:** The latest technology suggests that regular micro breaks are important to avoid ergonomic related injuries. QBE ErgoSolve helps incorporate these breaks into a daily routine.
- 6 Monitor & Follow Up:** The program is only as good as the follow through. This is not a one-time event and QBE ErgoSolve can help you monitor ergonomics on an ongoing basis.

Computer Workstation Ergonomics Resources

Maximizing workstation safety can be accomplished through a variety of means, and QBE has the tools and resources.

- **Training video** (5 min) highlights what to do and what not to do in the prevention of musculoskeletal injuries. Includes wellness tips and advice to offset complications that static posture sitting may cause.
- **Self-evaluation** empowers employees to take control over their office workstation variables and implement simple corrections.
- **Stretching exercises** provides pictures of simple to do, self-administered movements that will combat worker fatigue, increase comfort and support injury prevention.

Are you interested in having members of your staff trained to be **ergonomic “champions”** to coach other employees?

Would you like an individual workstation evaluated? Provide us with photos or videos and we'll conduct a **virtual evaluation** of your employee at their workstation.

Contact **QBE ErgoSolve** for assistance:
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**Occupational Safety & Health Administration

**Washington State Department of Labor & Industries and Puget Sound Human Factors & Ergonomics Society

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