



Your Rhode Island Workers' Compensation Experts

# Loss Prevention ERGONOMIC SERVICES

*Schedule a consultation  
with a Beacon  
ergonomist today!*



Your Rhode Island Workers' Compensation Experts

One Beacon Centre, Warwick, RI 02886  
www.beaconmutual.com  
401-825-COMP



As a leader in workplace safety and ergonomics, The Beacon Mutual Insurance Company understands how just one musculoskeletal injury could negatively impact the bottom line of your business. Beacon offers a full menu of ergonomic services – performed by highly trained and certified ergonomists – to meet the needs of Rhode Island companies from small to large.

These invaluable services are provided to policyholders at no additional cost. That's right. All ergonomic services are included in the cost of your workers compensation premium.

DISCLAIMER: This material is being provided to you as a service of The Beacon Mutual Insurance Company for informational purposes only and is not intended, nor should it be relied upon, as a comprehensive statement of all possible work-related hazards to your employees or of the federal, state or local laws and regulations which may be applicable to your business. Any premises inspections made by Beacon Mutual representatives are completed without representation or warranty as to the utility or completeness of such inspections. Suggestions regarding the use of a particular product or safety technique are not an endorsement of the product or technique. It is your responsibility to develop and implement your loss prevention policies. You should direct questions concerning specific situations to informed and appropriate advisors.

**PreventionWorks™**  
for Safety



**We're serious about safety.**  
The Beacon Mutual Insurance Company provides all these valuable ergonomic services for policyholders at no additional cost. Contact us to learn more!

---

### **Site Visit Consultation**

A site visit consultation presents you, the policyholder, with the various ergonomic services that can be provided by a certified Beacon ergonomist. It is a valuable opportunity for the ergonomist to understand and view the operations at your business. From the consultation, appropriate services can be recommended and scheduled. The services include but are not limited to ergonomics audits, specific workstation or job analysis, management training, office and online training, and healthy back classes.

### **Ergonomics Audit**

An ergonomics audit involves walking through a facility in order to identify ergonomic concerns. Ergonomic concerns involve workers at risk for musculoskeletal injury from exposure to risk factors such as awkward posture, muscle force, repetition, duration, vibration, and temperature extremes. Following an ergonomics audit either a report with concerns and recommendations is written, or an immediate discussion of concerns and recommendations is addressed. Note that photographs are usually taken during an ergonomics audit and placed into the report.

### **Specific Workstation or Job Analysis**

The specific workstation or job analysis identifies risk factors for musculoskeletal injury associated with a particular workstation or job. The risk factors include awkward posture, muscle force, repetition, duration, vibration, and temperature extremes. After the analysis, a report is furnished with ergonomic recommendations that address the concerns. Note that photographs are usually taken during an ergonomics audit and placed into the report.

### **Management and Supervisors**

A management training session introduces ergonomics and its value to company personnel responsible for the health and safety of their employees. An ergonomic specialist can provide education on industry and site-specific loss information, key ergonomic principles, risk factor identification, implementing controls, and more specialized training based on individual company needs. Key personnel can be taught how to conduct a workstation analysis or specific ergonomics training classes. Educational brochures and other materials can be provided for the training classes.

### **Office and Online Training Classes** (45 minutes)

The office and online training classes focus on proper posture, stretching, and arrangement of items at the computer workstation in order to eliminate discomfort, promote efficiency, and reduce the risk of musculoskeletal disorders (MSD's). The 45-minute class can be conducted on site and all attendees are given an ergonomics brochure specific to the office environment and a card with simple stretches that can be performed at their workstations.

### **Healthy Back Training Class** (45 minutes)

The Healthy Back Training Class addresses specific tasks and jobs performed by the audience. In addition to proper lifting techniques and stretching, the training class highlights what occurs with our back as we encounter awkward postures, forceful exertions, and poor lifting techniques. The 45-minute class can be conducted on site and all attendees are given an ergonomics educational brochure and a card with simple stretches that can be performed throughout the day.

### **Stretch for Safety Program**

The Stretch for Safety program is one spoke in the wheel of wellness that we decided to launch to our insureds because it fulfills many of the needs as it pertains to controlling soft tissue injuries. An aging and out of shape workforce has become a key driver of high workers' compensation and healthcare costs. Integrating physical conditioning and health activity into the daily safety routine can help reverse this trend. The workplace is an excellent place to get people to exercise and focus on safety and health. Such activity had a profound affect on attitudes and behaviors, and the results ultimately lead to a positive lifestyle change. A Certified Ergonomic Specialist will provide employee baseline flexibility testing, instruction in the daily five minute stretch routines, periodic monitoring of the program, as well as follow up flexibility testing.

### **Caregiver Training Program** (90 minutes)

Working in the field of healthcare, caregivers encounter unique challenges such as patient transfers and working with combative patients or residents. In response to these challenges, Beacon Mutual has developed the Caregiver Training Program. The goal of the program is to increase direct care employee awareness and potential ergonomic hazards and controls to minimize their exposure. The Caregiver Training Program takes place at the healthcare facility consisting of two modules:

**The Body Mechanics Module** (45 minutes) instructs caregivers on how to address potential ergonomic hazards in the workplace while performing manual material handling tasks and while interacting with patients or residents.

**The Self Protecting Module** (45 minutes) instructs caregivers on basic techniques to lower the potential risk while interacting with aggressive or combative patients or residents. Both modules can be further customized to meet the individual needs of your acute to long-term care facility.