

## **ERGONOMICS**

Ergonomics is the science of fitting the work task to the physical and psychological capabilities of the worker. Ergonomists evaluate risk factors involved in work-related tasks and design work practice, process, and equipment changes that relieve stressors. Colden's approach involves employees at all levels and includes injury review, identification of risk factors, design modification, and training.

Controlling cumulative trauma disorders and other injuries to back, knee, neck, and extremities has proven to lower costs associated with workers compensation premiums as well as the indirect costs of replacing lost employees. Reducing the discomfort associated with work can increase morale and productivity.

## Colden's Services:

- Workplace injury assessment
- Ergonomic team development
- Workstation evaluation
- Job design and tool evaluation
- Quantifying biomechanical factors
- Ergonomic training