

Fastrac Systems Inc., Springfield

Intervention Key Words: Keyboard trays, Document Holders, Clamp Monitor Riser, Glare Screens

Industry: Office Work/Misc.

Risk Factor(s): Repetitive motion, Awkward Posture- Wrist deviations, Neck deviations

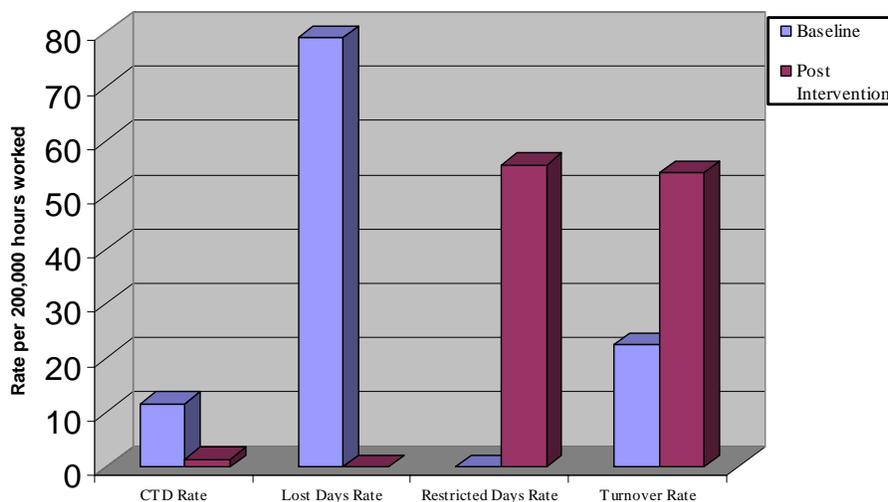
Situation:

Fastrac Systems Inc. is a data entry facility that wanted to reduce common Cumulative Trauma Disorder risks found throughout their office environment. These risk factors include extensive repetition (keying), awkward/static postures due to outdated equipment and the lack of education on workstation adjustment. The risks affect 95 data entry personnel who process an average of 55 documents per hour over an 8 hour shift. The high number of employees and a hazardous environment has resulted in a number of CTD injury claims such as Carpal Tunnel Syndrome.

Solution:

Fastrac Systems purchased a variety of equipment to help alleviate the CTD risks found throughout the workplace. Employees were educated on the proper use of the new items and given the opportunity to decide how they wanted to change their own stations. Purchases included keyboard trays, document holders various monitor arms and screen filters. The intention is to reduce strain and awkward positioning in order to reduce CTD risks and injuries.

Results:



- CTD rate (per 200,000 hours worked) decreased 88% in 2 years following the intervention while Lost Days rate decreased 100%.
- Increases in Restricted Days Rate and Turnover Rate were observed but may not be directly attributed to the intervention.