

Cotner & Cooley, CPA, McArthur

Intervention Key Words: Keyboards, Adjustable Trays, Workstations, Chairs

Industrial Key Words: Office Work/Misc.

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

Situation:

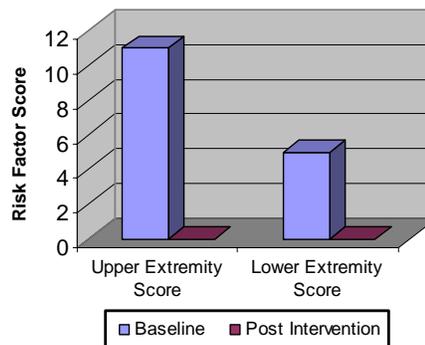
Cotner & Cooley, CPA is a public accounting firm employing 8 to 15 people depending on the time of year. The office layout and outdated equipment have posed a variety of risk factors for Cumulative Trauma Disorders (CTDs) upon the workers including: awkward twisting/turning to view monitor due to poor design and small working surfaces, reaching and twisting to access documents and supplies, inadequate chairs and associated risk factors due to poor posture and lack of adjustability, contact stress due to sharp edges on desks, bent elbows and forward head while keying due to height of work surface. Office related CTDs have become a significant problem in poorly designed environments, resulting in injuries such as carpal tunnel and other strains and sprains.

Solution:

Cotner & Cooley took on the task of renovating their office space to reduce CTD risks. The redesign included items such as keyboard trays, document holders, ergonomic chairs and monitor supports. They also incorporated larger, custom built desks to increase workspace and improve monitor placement. Rounded edge molding was added to the existing equipment to reduce contact stress. Total cost of the intervention was \$13,019. Safety Grant\$ awarded Cotner & Cooley \$5,412 to offset the costs of the office accessories.

Results:

- CTD, Lost Days and Restricted Days rates were at 0 (per 200,000 hours worked) for 1 year prior to the intervention. The rates remained at 0 for 24 months following.



- CTD Risk Factor scores decreased 100% following the intervention.