



## Ergo Tip of the Month - October 2007

### National Ergonomics Month—A Time for Reflection & Planning

October brings us to that point in the year where we are beginning the transition from the activities of summer to the activities of fall and winter. The boats come out of the water, the lawn equipment gets serviced and packed away, vacations are behind us and the snow blowers get tested and prepared for what is to come. It is also the time of year when we begin to plan for the business objectives we need to accomplish in the coming year.

Typically, the final quarter of the year is the period of time when budget requests are submitted and funds are prioritized and allocated to support the elements required to maintain or improve our competitive positions. During this period of planning, managers responsible for ergonomics should be examining every aspect of their programs.

Training should be reviewed to determine if new employees have received necessary training or if seasoned employees need refresher training. Injury records should be reviewed to identify the areas of the operation that present the greatest opportunities for risk reduction. A review of injury records may also provide evidence of improvements as a result of ergonomic assessments or job modifications made during the current year. And finally, a review of the measurement tools, analysis software tools and assessment methods used should be made to assure that the latest research findings are being applied and that the processes used meet any new regulatory requirements.

October is National Ergonomics Month. It is a great time to assess your programs and make your plans for improvements. It is a great time to assess the impact of the work that has been done and celebrate the successes that have been realized – perhaps someone in your organization deserves an award or recognition? Take the time to reflect on the many lives that have been improved as a direct result of the contributions of your ergonomics efforts.

October is also a great time to remind everyone to lift with their legs when shoveling snow and to not over do it when raking leaves. Take frequent breaks and perhaps enjoy some cider along the way!

**Sandalwood Enterprises is a consulting firm that specializes in Ergonomics, Process Optimization, and Information Management. The Ergo Tip of the Month is offered to our customers and friends for the benefit of the Ergonomics community.**

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