


**DRESCHER INSURANCE**

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**ERGONOMICS EQUALS BUSINESS INVESTMENT**
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As a full-service insurance agency, Drescher Insurance understands the risk involved in investing. However, creating an ergonomically-sound office environment is an investment that returns in the form of improved profitability, lowered healthcare costs and greater productivity.

Workers compensation costs are rising. Several states are considering changes to the workers compensation laws because workplace injuries are playing havoc with business costs.

Savvy companies looking for a way to put a stop to these rising costs are using proven injury prevention programs that lower claims and their insurance costs while raising productivity.

Smart employers have a safety program to reduce the number of workers compensation claims. Even smarter employers will integrate ergonomics, the science of designing the job, equipment and the workplace to fit the worker, into their safety program to reduce even further the number of workers compensation claims.

The number of workers compensation claims caused by repetitive motion strains or cumulative trauma can be significantly reduced through ergonomics.

The return on investment of properly executed ergonomic programs have been estimated as high as 16 to 1, i.e., \$16 saved for each dollar invested.

Here are some suggestions on how to create an ergonomically functional workplace to increase productivity, reduce employee turnover and reduce or eliminate your ergonomic related workers compensation claims.

- Adjust the monitor height so that the top of the screen is at or slightly below eye level. Your eyes should look slightly downward when viewing the middle of the screen.
- Position the monitor no closer than 20 inches from your eyes. A good rule of thumb is an arm's length distance. The larger your screen, the more distance you will want.
- Adjust your computer screen position in order to reduce glare from windows and ceiling lights.
- Use an adjustable chair. Get comfortable with its features and make adjustments regularly.

- Stand and stretch your back and arms from time to time.
- Rest your eyes often by focusing on an object 20+ feet away.
- Remember that even if your workstation is set up properly, you can still get muscle fatigue from sitting in the same position for too long. Be sure to periodically adjust your monitor, keyboard or chair to stay flexible.

Personalizing your environment so that it is comfortable for your work situation promotes a healthy physical and mental lifestyle. Of course, only you can judge what is best for you, so we encourage you to adapt the preceding tips to your own needs.

To learn more about how Drescher Insurance's carriers can help you manage risk, increase efficiencies and be more productive, call us at (203) 272-2122.

