

Remote ergonomic evaluations

Businesses must take several steps to help employees stay safe in the workplace – whether they work in an office, on a job site or from home. Remote ergonomic evaluations can play a key role, offering valuable recommendations to help prevent injuries, and increase employee comfort and productivity.

Ergonomic evaluations help ensure workstations are set up correctly and work processes are designed properly. Remote evaluations can be especially helpful for companies with multiple locations or workplaces in smaller towns where a local resource is not available, and for those with employees working from home.

A remote ergonomic evaluation would be appropriate when:

- An employer desires to be proactive or provide early intervention for employees
- Employees have recently experienced an office relocation
- An employee is symptomatic, but has not filed a workers' compensation claim (symptoms may be work-related or non-occupational)
- An employee has filed a workers' compensation claim
- An employee is returning to work following a leave
- An employee needs an accommodation for other purposes, such as ADA issues or prior medical conditions

How a remote evaluation works

To conduct a remote ergonomic evaluation, we begin by sending a survey to gather pertinent employee information such as symptoms, workstation measurements, etc. We also request photographs of the employee seated and working at their workstation to be used during the consultation. A phone or video conference meeting is then scheduled; this typically lasts 30–60 minutes, depending on the complexity of the case.

We follow an educational approach and we will make adjustments during the meeting when possible. Following the meeting, we will send a report summarizing changes that were made during the meeting, employee work habits that were discussed, and any remaining recommendations to be implemented.

If we begin a phone evaluation, and determine that the employee's needs are complex and should be evaluated in person, we can refer the employee for an on-site evaluation by a local resource in our professional network.

Our process is customizable, so if a company already has in-house ergonomic professionals, online self-evaluation tools, or specific processes, our team can create an approach that melds with these existing resources.



Service results

Remote evaluations are effective for businesses in many different types of industries. One of our clients that is in the financial services industry began utilizing our ergonomic evaluation services and they have been effective at preventing injuries. The business has offices across the country and in the first three years of the program, we conducted approximately 350 remote ergonomic evaluations. Nearly all of the evaluations were preventative in nature. During that same period, there was only one case where a preventative evaluation was completed and a claim was subsequently filed. In addition, this client reported only 21 OSHA recordable claims related to repetitive computer use during this three-year period.

Effective solutions to meet your needs

The right workstation and work process design can make all the difference. Ideally, workspaces should be designed so that employees — using the right tools in the right way and in a constructive working environment — can accomplish tasks in a productive manner. Our experts can evaluate work methods and recommend reasonable, reliable ways to improve employee health and productivity.

Keep in mind that performing an ergonomic evaluation remotely can be more cost effective due to efficiencies in time and travel. Also, remote evaluations can often be scheduled in a timelier manner and therefore address issues more quickly.

To learn more about our remote ergonomic evaluations, contact:

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*To learn more about our integrated and customized solutions, visit **SEDGWICK.COM***