



# The Safety Zone

The Newsletter of the AHA Workers' Compensation Self-Insured Trust

## 3 Methods for controlling musculoskeletal disorders

In a webinar entitled 'Ergonomics: How to Avoid Citations under OSHA's General Duty Clause' Chris Miranda, founder of MAC Safety, Inc., discussed the relationship between ergonomics, musculoskeletal disorders, and OSHA.

**Hazard Controls:** What employers can do to prevent Musculoskeletal Disorders (MSD) injuries and need to do in case of MSD injuries. There are three categories of ergonomic hazard controls:

1. Engineering Controls
2. Administrative Controls
3. Work Practice Controls

**Engineering Controls.** Physical changes to the job that reduce the exposure. Engineering controls involve changing, redesigning or modifying. For example:

- Re-design of workstations;
- Lighting modification;
- Vibration control; and
- Noise control.

**Administrative Controls.** Procedures and methods that significantly reduce daily exposure to MSDs. For example:

- Adjustment of work pace;
- Employee rotation;
- Rest breaks;
- Alternative tasks; and
- Redesign of work methods.



OSHA gives employer flexibility as to how they reduce exposures. There are no mandates for the number or length of breaks, rotations, etc.

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### news & notes

#### 5 TIPS FOR OFFICE ERGONOMICS

1. **Stand up.** Get up and move every 60 minutes. Stand whenever you can. Take advantage of standing height desks or workstations if they are available. When you're on your feet, change positions often and don't lock your knees.
2. **Adjust your screen.** To avoid neck strain and shoulder cramping, raise your monitor to eye level. Use a stand or a stack of books if needed.
3. **Sit properly.** Sitting up straight may not be the best strategy for you. If you have an ergonomic chair, learn how to adjust it. Remember to lean into the chair back, which lets the chair do its job of supporting you. "Perching" on the edge of the seat doesn't provide back or torso support.
4. **Take a load off.** No matter what position you're in, avoid remaining static for an extended period. Try setting an alarm on your calendar or download an app to remind you to get up and move. Refill your water. Do a lap around the building. Walk over to a colleague's desk to convey a message rather than sending an e-mail.
5. **Lighten up.** Work gets stressful, and laughing is an excellent antidote to stress. Seek out something or someone funny and find something to laugh about. It will do your mind and body good.

*Continued*



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## AHAWCSIT



### Controlling MSDs (Continued)

**Work Practice Controls.** Reduce the likelihood of MSD by altering the way jobs are done. The employer sets the criteria and expectations for how to do the job in the safest and most efficient manner. For example:

- Work techniques and procedures;
- Conditioning period;
- Training lifting techniques; and
- Personal protective equipment.

**Checklists.** Using checklists is another tool for reducing ergonomic hazards. Observe workers doing their jobs. Ask the employees what they need the organization to do to make their jobs more comfortable. Not one-size-fits-all. Checklists have to be individualized by facility. Types of checklists include:

- Basic Screening Tool;
- General Risk Analysis;
- Computer Work Stations;
- Hazard Identification;
- Task Analysis; and
- Workstation Evaluation

Christopher J. Miranda is the founder and president of MAC Safety, Inc., located in Pittsburgh, PA. Miranda has years of experience in safety management, accident investigation, and OSHA compliance.

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### Got News?

Do you have news that needs to be circulated or have a subject you would like for us to address? Let us know by emailing the newsletter editor at [tcreel@arkhospitals.org](mailto:tcreel@arkhospitals.org).

AHA Workers' Compensation Self-Insured Trust Program is administered by Risk Management Resources (RMR), a division of BancorpSouth Insurance Services, Inc. [www.bxsi.com](http://www.bxsi.com). In March 2003 the AHA Workers' Compensation Self-Insured Trust was established. The program provides workers' compensation coverage to AHA members.

Risk Management Resources, the administrator for the program, assists members in the areas of claims management, safety and loss control. Tina Creel, Vice President of AHA Services, Inc., is the Group Manager of the Trust and provides oversight of the day-to-day operation of the Trust.

The Board of Trustees provides oversight of the overall operation of the Group Trust.

419 Natural Resources Drive  
Little Rock, AR 72205

#### AHA Services, Inc.

Tina Creel, Group Manager  
Phone: 501-224-7878  
Fax: 501-224-0519

#### Risk Management Resources

Phone: 501-664-7705  
Fax: 501-664-4849

Linda Collins, COO

Phone: 501-614-1108

#### RMR Loss Control

##### Consultants:

Matt Bradshaw, Loss Control  
Manager  
Phone: 501-614-1165  
Cell: 501-614-1465

Don Jack, Loss Control  
Consultant

Phone: 501-614-1191  
Cell: 501-454-7287

#### AHAWCSIT Claims Contacts:

Jill Johnson, Claims Director  
Phone: 501-614-1112  
Fax: 501-614-1412

Tonya Rodgers, Claims  
Specialist

Phone: 501-614-1194  
Fax: 501-614-1463

#### Medcor (Injury at work)

800-775-5866