



Ergonomic Program Development at The Rising Workplace

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Huntington University Doctor of Occupational Therapy Program

Project Description and Site

The current capstone project will yield the acquisition of advanced clinical skills in industrial and office ergonomics as well as entrepreneurial skills. The purpose of the capstone project will be to mitigate workplace injuries through workstation assessments, educating the employer and employees, and implementing ergonomic interventions like stretch breaks, mindfulness, workstation adjustments, or rotating job tasks. Success of the capstone project will be evidenced by the ability to present, ergonomic intervention materials, and obtaining an ergonomics related certificate.

The Rising Workplace is a company that provides client-centered ergonomic assessments; both virtual and on-site, injury prevention, and environment, health and safety services across the country.

Expert Mentor:
Dr. Nikki Weiner, OTD, OTR/L, AOEAS, CEAS
Co-Founder and Clinical Director of The Rising Workplace

Faculty Mentor:
Dr. Nathan Short, OTD, CHT, CEES, CPAM
Assistant Director of Operations, Associate Professor

Mission & Vision

Mission Statement: Participate in an established ergonomics program in a workplace setting as an occupational therapist.

Vision Statement: To promote workplace cultures which thrive on positive work environments free of ergonomic injuries.



Literature Review | Needs Assessment

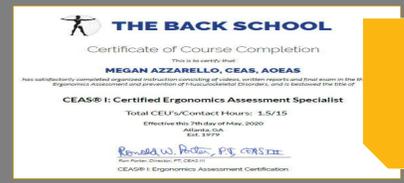
- Literature Review:
- There were 2.8 million non-fatal work injuries reported to the U.S. Bureau of Labor Statistics in 2017. According to the U.S. Census Bureau is an estimated 13.4 million employees work from home at least one day per week.
 - In the study by Liebrechts, Sonne, & Potvin (2016), photographs were used to complete the assessment remotely and test the validity and reliability of this method. Telehealth ergonomic assessments are possible, but only if a photograph protocol with supplemental workstation information is provided along with the ROSA.
 - Researchers Drinkaus et al. (2003) assessed 224 tasks with the RULA and the SI. The results of this study were the RULA and SI had different results.

Needs include: updated educational handouts for clients that are concise, approved products library for consultants to easily reference for ergonomic reports, blog posts to disseminate knowledge of ergonomics to general public, and virtual ergonomic assessment tools

Project Completion

After completing my capstone project at The Rising Workplace, I have collaborated with my expert mentor to create a virtual assessment platform to promote a virtual office ergonomic assessment. Additionally, I have revamped ergonomic resources with up-to-date information, as well as created blog content that The Rising Workplace is able to post. I have been able to complete ergonomic certification courses, as well as industrial and office ergonomic assessments. I created two poster presentations to inform the general public about industrial ergonomics and ergonomics throughout pregnancy. Throughout my time at The Rising Workplace I have been able to gain entrepreneurial skills. I have had learning opportunities and gained skills to become an effective ergonomics professional.

Deliverables



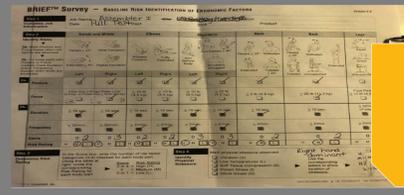
Certificate of Completion



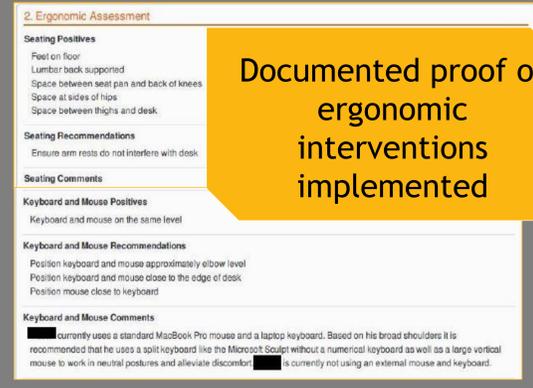
Ergonomic intervention resources (handouts, flyers, blog posts, etc.)



Presentation materials and presentation



Compilation of interpretations of assessment



Documented proof of ergonomic interventions implemented

Future Implications for OT

- Client-centered office ergonomic assessments can be performed virtually utilizing visual aids like video calls and/or pictures
- Utilization of ergonomic resources created to disseminate up-to-date information to clients

KEY REFERENCES
*Full reference list and image reference list available upon request

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