

# eZ-Ergo Self Assessment Tool

According to the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA), Repetitive Strain Injuries (RSI) are the nation's most common and costly occupational health problem. These injuries affect hundreds of thousands of American workers and cost more than \$20 billion per year in workers' compensation claims.<sup>1</sup>

Considering that many of the risk factors that lead to repetitive strains injuries are office-related, and the vast majority of all office workers use computers, proactive ergonomic awareness and education on computer workstation arrangement can be significant factors in helping to reduce your organization's exposure to repetitive strain injuries. However, it is often difficult to train employees on essential ergonomic practices in a cost-effective manner across multiple countries and time zones. Zurich has created an online self-assessment tool that can help reduce or eliminate the risk factors associated with computer workstation-related injuries. Our tool helps educate your employees on ergonomics and offers insight into the state of ergonomic awareness across your organization.

## What is eZ-Ergo?

Zurich's eZ-Ergo Self-Assessment Tool is a user-friendly, web-based application that provides ergonomic guidance to your office-based staff. eZ-Ergo is an educational solution for your employees and informative for you as their employer. eZ-Ergo walks each employee through a series of questions and displays the corresponding ergonomic guidance and key practices for posture, behavior and workstation arrangement. In addition, the tool has the ability to capture all employee responses in a secure database for analysis and reporting. This tool can be an effective vehicle for providing up-to-date ergonomic awareness information to your employees across various office locations, states or countries.

## Your challenge

Your organization has many employees working with computers every day. Office workers who spend four or more hours per day at a computer report significantly greater levels of discomfort that can lead to computer workstation-related musculoskeletal disorders (WMSDs), increased incidents and injuries, and increased workers' compensation claim costs.

The general approach to controlling these incidents is to reduce or eliminate the associated ergonomic risk factors at the individual computer workstations. To better identify these risk factors, your organization must establish a baseline understanding of how your employees are dealing with ergonomics at their workstations today. With many organizations operating across multiple locations and countries, this task becomes even more challenging.

Zurich's eZ-Ergo Self-Assessment Tool shares ergonomic guidance and images in an intuitive format that each employee can access at their desk using any internet browser.



If your chair's armrests are positioned too high, they can cause you to elevate your arms and shoulders. This elevation, combined with resting elbows on the armrests in a static position, can impede blood flow and circulation when typing or operating the mouse, and can lead to fatigue and/or discomfort.



In order to avoid elevating your shoulders, consider the following:

- Keep a 90- to 110-degree angle between the upper arm and the forearm.
- Make sure your shoulders are relaxed and your upper arm hangs naturally by your side. In this position, you should not feel tension in the neck or shoulder area.

## Capabilities and features

- 40+ questions that address Work-related Musculoskeletal Disorders (WMSD).
- Responses saved in database for reporting and identifying trends.
- Guidance messages combined with images to provide clear ergonomic key practices.
- Smart survey eliminates irrelevant questions based on responses.
- Summary of ergonomic guidance for each employee.
- Save & Continue feature returns user to where they left off.
- Email notifications sent to managers and designated risk management staff.
- The eZ-Ergo tool is customized to include your company logo and your own introductory wording.

For more information about the eZ-Ergo Self-Assessment Tool and how it can help your organization, please contact your Risk Engineering representative.

## References

1. Manley, Heather. "Repetitive Strain Injuries In The Workplace." WorkPartners. 10 May 2016.

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## Benefits

- Flexible and easy-to-use online access for employees' convenience.
- Educates employees in an interactive and cost-effective manner.
- Demonstrates your commitment to a safe and healthy workplace.
- Assists in the development of ergonomic strategies to reduce loss trends.
- May assist in efforts to comply with state-mandated ergonomic training (in applicable states).

## Our solution

Zurich's eZ-Ergo Self-Assessment Tool presents ergonomic guidance and images in a simple questionnaire format that each employee can access at their desk using any internet browser. As employees respond to each question, they are shown related ergonomic guidance on posture, behavior or workstation arrangement. The employees can make many of the simple recommended adjustments themselves to remedy discomfort. At the end of the self-assessment, the employee is presented with a summary of all ergonomic guidance and images that can be saved for future reference.

Since eZ-Ergo provides ergonomic awareness information to your employees and shows them appropriate workstation arrangement as well as postures and behaviors to avoid, this tool can be utilized to deliver ergonomic training virtually and may assist in efforts to comply with regulatory standards. This capability is particularly useful in states where ergonomic standards have been adopted as part of the occupational health and safety programs.



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