

Most Employee Health and Ergonomic programs are too limited.

While most current Employee health and Ergonomic programs address and reduce costs they seldom go far enough. A very high percentage of musculoskeletal problems are blamed solely on the workplace. *This is seldom the case.*

We spend only a third of our days in the work environment.

Routinely most programs ignore the other two thirds of our lives. Due to this many workplace ergonomic programs have limited success. Even the successful programs have greater costs due to not addressing all the ergonomic situations that have led up to this. Educating and offering programs that address the employee's complete lifestyle can significantly reduce costs.

Employees that return to poor ergonomic lifestyles show the same repetitive stress injuries that are blamed on work.

Some frequent examples are using smart phones, laptops, commuting and even improper sleep positions. Many of these issues can be changed or at the very least modified to reduce their impact.

Educating and empowering employees with programs that address the employee's complete lifestyle can significantly reduce costs for both the employer and the employee.

Employees are more likely to create an ergonomic lifestyle when they realize their work day is only a small portion of most ergonomic issues.