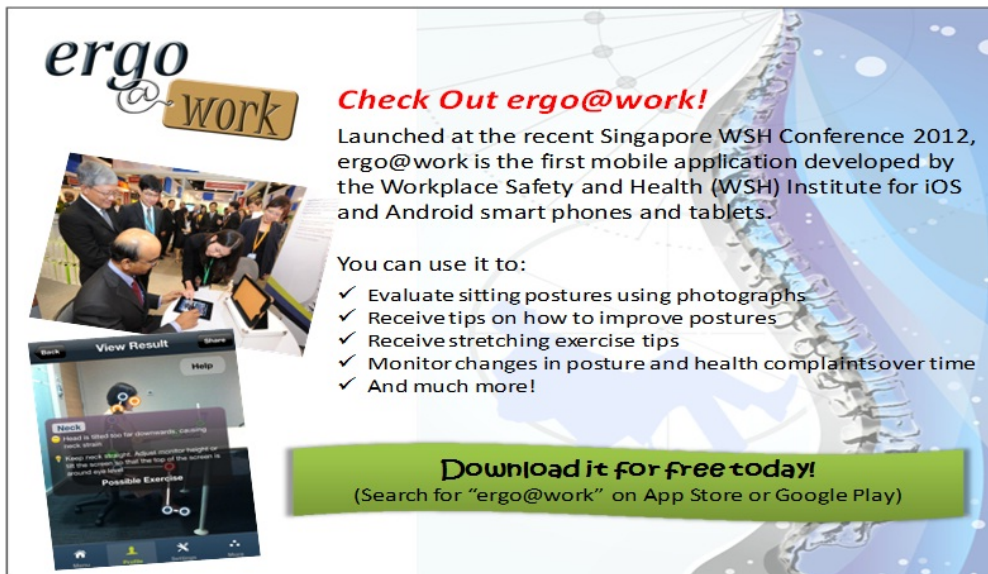

OWLlinks is brought to you by the Workplace Safety and Health (WSH) Institute to enable leaders and professionals to keep abreast of the latest WSH developments and trends from around the world.

The advertisement for the 'ergo@work' app features a collage of images. On the left, there's a photo of a man in a suit using a tablet at a conference, and below it, a screenshot of the app's 'View Result' screen. The main background shows a stylized human spine with a network of lines. The text 'ergo@work' is in the top left. The headline 'Check Out ergo@work!' is in red. Below it, a paragraph describes the app's launch at the Singapore WSH Conference 2012 and its availability on iOS and Android. A list of features follows, including posture evaluation, tips, and monitoring. A green banner at the bottom says 'Download it for free today!' with instructions to search for the app on the App Store or Google Play.

ergo@work

Check Out ergo@work!

Launched at the recent Singapore WSH Conference 2012, ergo@work is the first mobile application developed by the Workplace Safety and Health (WSH) Institute for iOS and Android smart phones and tablets.

You can use it to:

- ✓ Evaluate sitting postures using photographs
- ✓ Receive tips on how to improve postures
- ✓ Receive stretching exercise tips
- ✓ Monitor changes in posture and health complaints over time
- ✓ And much more!

Download it for free today!
(Search for "ergo@work" on App Store or Google Play)

For more information about ergo@work, click [HERE](#).

In this issue, we feature interesting articles related to ergonomics and human behaviour. We hope you find these articles useful.

Articles Reviewed In This Issue:

1. 3M Brazil Ergonomics: A Success Story In The Making
 2. The Relationship Between Chronic Conditions and Work-Related Injuries and Repetitive Strain Injuries in Canada
 3. Avoiding Unsafe Acts and Situations
-

1. 3M Brazil Ergonomics: A Success Story In The Making

Date of publication: Jan 2012

Source: Work: A Journal of Prevention, Assessment and Rehabilitation, Vol. 41, Supplement 1/ 2012

Author: N Larson, R Oshiro, O Camargo

Synopsis:

This article describes the application of 3M's Ergonomics Risk Reduction Program (ERRP) to improve workers' quality of life, productivity and product quality. ERRP is a systematic process to identify, prioritise, assess, and reduce unacceptable ergonomics risks in jobs throughout 3M's manufacturing and distribution operations. This is supplemented by the with ERGO Job Analyzer (EJA) tool that provides a consistent, objective methodology to identify and quantify ergonomics risk exposure in their operations.

Two case studies from São José do Rio Preto and Sumaré were presented, with job assessment results, implemented solutions, and information about realized cost and benefits. In case study 2, after substituting the wood pallets in the packaging process with corrugated cardboard pallets, employees' discomfort and pain were totally eliminated. Their work satisfaction increased and the company saved US\$11,000 in the first year.

For more information, click [HERE](#).

2. The Relationship Between Chronic Conditions and Work-Related Injuries and Repetitive Strain Injuries in Canada

Date of publication: July 2012

Source: Journal of Occupational and Environmental Medicine, Vol. 54, No. 7, Pages 841-846

Author: Peter Smith, Amber Bielecky and Cameron Mustard

Synopsis:

The study examined the association between 5 chronic conditions (arthritis, hypertension, heart disease, diabetes and back problems) with work related injuries. Results showed that the rates of work related injuries were much higher in those with chronic conditions than in those without. The highest rates were reported by those with chronic back problems (4%) followed by respondents with arthritis (3.6%) and diabetes (3.5%).

Similar trends were observed among those with repetitive strain injuries (RSIs). The highest rates were seen in respondents with arthritis and back problems (14.1%), followed by those with heart diseases (10.2%). With the ageing workforce, the study suggests the need for more tailored injury prevention efforts to address the prevalence of chronic conditions.

For more information, click [HERE](#).

3. Avoiding Unsafe Acts and Situations

Date of publication: April 2012

Source: Loss Prevention Bulletin, Issue 224, Pages 10-13

Author: Sarah Duggan

Synopsis:

The article illustrated that the human capacity for creating unsafe situations can be astonishing and often occurs when and where they feel safe such as at home and during break times in workplaces. The case studies revealed that safety procedures were being ignored blatantly with excuses like time constraints, inconveniences, inaccessibility and laziness. Often, the consequences are not pleasant.

In retrospect, it shows what can be done to avoid unsafe situations, like the need for robust safety management, relevant risk assessment and good communications within the organization to enhance its safety culture.

For more information, click [HERE](#).

Other Useful Resources:

- [Ergonomics: How to Design for Ease and Efficiency \(2nd Edition\)](#), Kroemer KHE, Kroemer HB & Kroemer-Elbert KE (2001), Prentice Hall
- [Show and tell: Visual symbols inform vulnerable workers about MSDs](#)
- [The Organisational Environment-Behaviour Factors' Towards Safety Culture Development](#)