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InTouch
CLINICAL UPDATE

# ISSUE 5: IN-SERVICE BRIEF

*Part 1: ERGONOMICS IN HEALTHCARE - CLINICAL IMPACT AND COST*

**Ergonomics is the science of creating workplace conditions that optimize the interaction between the work environment and the worker to perform more safely and efficiently. Healthcare facilities are prone to ergonomic-related injuries due to the physical nature of the work and the ergonomic stresses affecting their staff. Employee injuries lead to increased cost, higher turnover rates, increased sick days, and short staffing.**

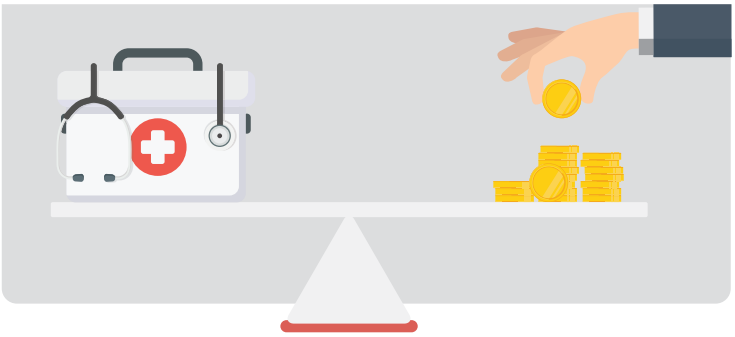
## The highest number of injuries are a result of overexertion. These result from:

REPETITIVE STRESS

AWKWARD POSTURES

POOR EQUIPMENT HANDLING

LACK OF APPROPRIATE EQUIPMENT



Providing an effective ergonomic safety program can help reduce costly injuries to hospital staff. The annual expense totals **$2 billion** in USD.[1] Eight out of ten nurses (**80%**) report that they frequently work with musculoskeletal pain.[2]

**Direct costs of these injuries are the actual healthcare bill.**


**References:**

1. American Nurses Association (ANA). ANA health & safety survey hazards of the RN work environment published 2011
2. American perioperative nurses association (AORN ) Risk Solutions. Health Care Workers Compensation published 2012
3. Taylor JA, Dominici F, Agnew J, Gerwin D, Morlock L, Miller MR. Do nurse and patient injuries share common antecedents? An analysis of associations with safety climate and working conditions. BMJ Qual Saf. 2012;21(2):101-111.
4. Safe patient/resident handling guide. Saif Corporations. published 2010. https://www.saif.com/Documents/SafetyandHealth/HealthCare/S877_safe_patient_handling.pdf Accessed November 21, 2023.


## THE CYCLE OF INJURY[3]

**Most injuries are under reported and the indirect cost can include:**

- **Lost productivity**
- **Paying overtime for other employees**
- **Challenges in finding new hires and employee retention[4]**

These injuries can be avoided with **proper training, ergonomic awareness, proper tools, and accessibility to assistive technologies**.

Implementing and maintaining a strong preventative program can be the key to a safe environment.

**For more information or additional clinical resources, please visit www.ansell.com/AnsellCARES**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