

Fitting The Workplace to the Worker

Healthier for employees – and your business

Ergonomics is the science of fitting the workplace to the worker in order to create the safest, healthiest and most productive workplace, resulting in financial savings for the employer.

WorkSmart Ergonomics was founded by Susan Rovnak, a licensed physical therapist (PT) and certified ergonomic assessment specialist (CEAS).

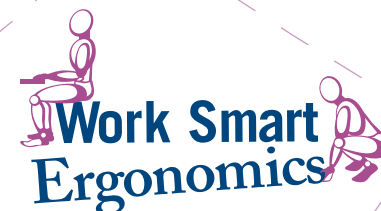
The skilled professionals of Work Smart Ergonomics help clients reduce workers' compensation expenses and increase worker productivity, while they ensure a healthier work environment overall.



- **Save Money**
- **Increase Productivity**
- **Improve Employee Job Satisfaction**

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*WorkSmart Ergonomics is a division of
Manual Physical Therapy and Sports Medicine.
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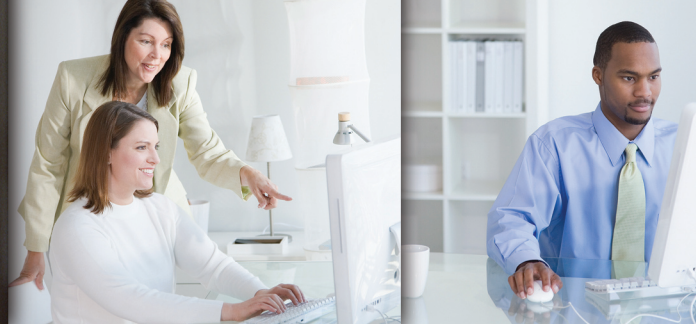


Work Smart Ergonomics: A win-win for your employees and your business

Ergonomics, the science of fitting the workplace to the worker, helps to create healthier, happier, more productive employees. Healthier employees reduce your company's costs for workers compensation and medical care. Turnover and absenteeism will decrease while productivity increases.

Ultimately, no matter how you look at it, everybody wins.

At Work Smart Ergonomics, our goal is to maximize productivity by minimizing the potential for work-related injuries in both existing and new workspaces. Bringing ergonomics into any working environment doesn't have to be expensive. A safe and sound work station doesn't cost any more than one that's been poorly designed. The difference is in making informed, educated decisions along the way. The long-term benefits of creating the healthiest place to work will far outweigh initial costs overall.



Making the Most of Your Most Important Asset: Employees

In the workplace, ergonomics-related hazards include improperly designed workstations and work methods, poor posture, repetitive motions, pace of work, temperature variations, vibrations, force of movements and more. Our goal, regardless of your business or industry, is to help you save money while providing a safe, efficiently designed working environment that will maximize your employees productivity and minimize their potential for work-related injuries.

Goal-driven Services, Customized for Your Business

Our services are geared to meet your specific needs. We provide recommendations that address three categories:

- PREVENTION
- EARLY SYMPTOMS
- EXISTING INJURIES

Our individualized services include:

Job Risk Analysis - Identifies risk factors associated with the physical demands of a particular job. Provides solutions to educate employees on how to prevent injuries at their workstation.

On-site Employee Work Area Assessment - A comprehensive assessment of an employee workstation resulting in tailored ergonomic solutions for individuals with complaints of job related pain.

Seminars and Training - Interactive seminars tailored to your company's particular needs. Training formats vary to address different audiences, such as, workers, supervisors and health and safety managers.

According to a year-long study published in the journal Spine, office employees who received highly adjustable chairs, as well as ergonomics training, reduced their musculoskeletal symptoms and increased their productivity by an impressive 18 percent.

Ergo Health Breaks - Unique stretching and exercise programs customized for the job tasks of groups or individuals.

Workstation Equipment and Design Consultation - Working with your company's designers, contractors or architects, Work Smart Ergonomics can recommend ideal furniture and equipment configurations for current or future work spaces.

Experience and Expertise to Achieve Your Ergonomic Best

Work Smart Ergonomics brings the best of both worlds to your business: Skilled professionals who understand the demands of today's working environments, as well as the "mechanics" of the human body at work. Founded by a Certified Ergonomic Assessment Specialist (CEAS) who also is a licensed physical therapist (PT), our solutions are based on years of experience in helping people overcome most every type of work injury or disability.

The professionals of Work Smart Ergonomics will ensure that every dollar your business spends to create a safe and healthy workspace is spent wisely...benefitting your workers and your bottom line.

To schedule a consultation or learn more about our services, please contact us today.

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