



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 work setting, 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.



Work Smart Ergonomics helps reduce workers compensation cost by preventing these common musculoskeletal injuries:

- Tendonitis (tennis elbow, etc.)
- Carpal tunnel syndrome
- Neck or shoulder strain
- Upper or lower back pain
- Muscular fatigue
- Sore feet
- And many others

3612 Falls Road, Lower Level
Baltimore, MD 21211
410-889-8004
Fax: 410-889-8024
www.WorkSmartErgonomics.com

*WorkSmart Ergonomics is a division of Manual Physical Therapy and Sports Medicine.
©2007 WorkSmart Ergonomics*





According to a year-long study published in Spine magazine, 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.

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

Services are geared to meet your specific needs. Our recommendations address three categories of physical concern, either singularly or in combination:

- PREVENTION
- EARLY SYMPTOMS
- EXISTING INJURIES (for employees who are returning to work).

Our individualized services include:

Job Risk Analysis - Information gathering to identify risk factors associated with the physical demands of a particular job. Provides solutions to prevent injuries and educate employees in specific work stations.

On-site Employee Work Area Assessment -

Comprehensive assesment of a workstation resulting in tailored ergonomic solutions for individuals with complaints of job related pain.

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.

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

Ergo Health Breaks - Unique stretching and exercise programs that we can customize for the job tasks of groups or individuals.

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...to benefit your workers and your bottom line.

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

410-889-8004

www.WorkSmartErgonomics.com