

# Participatory Ergonomics Program Implementation Checklist



## BENEFITS

Musculoskeletal injuries (MSIs) have become a leading source of workers' comp claims and lost-work days. And many MSIs are caused by ergonomics-related hazards, such as poorly organized work stations and improper lifting techniques. So it's important that employers take appropriate steps to address such hazards and protect workers from developing MSIs. One way is through a participatory ergonomics program.

## HOW TO USE THE TOOL

This checklist can help walk you through the various steps in implementing an effective participatory ergonomics program in your workplace and tracking your progress through these steps. It's based on the Institute for Work & Health's **Participative Ergonomic Blueprint**, which spells out each step in detail. Consult the Blueprint when using this checklist.