



FEDERAL OCCUPATIONAL HEALTH

Ergonomics Services

Ergonomics is the science of examining how jobs, equipment, and workplaces can be designed to better fit workers. Federal Occupational Health (FOH) ergonomic consultants work to find the most effective ways of preventing musculoskeletal disorders while enhancing employee well-being and productivity.

Can FOH help improve my worksite for employees?

FOH works with your agency to ensure that key ergonomic principles and practices are incorporated into the design of work environments. Our recommendations consider job categories, physical space requirements, employee needs, demographics, and agency budgets.

How do I know if ergonomic problems are affecting my agency's employees?

FOH consultants assess workstations and employee work practices to identify the presence of ergonomic risk factors such as awkward work postures, repetitive motions, or forceful exertions, and their influence on employee reports of discomfort or pain. Consultants then provide functional abatement recommendations.

What might an FOH ergonomic program entail?

- Consultation on workstation equipment, furniture, and space planning
- Individual workstation evaluations
- Training seminars (in-person and online)
- Return To Work and Reasonable Accommodation consultations
- Regulatory compliance through assistance with Occupational Safety and Health Administration (OSHA) ergonomics guidelines

How does FOH meet individual employee needs?

FOH consultants analyze employees' job task requirements, work practices, and workstations to enhance productivity and safety, and minimize the risk of injury.

How can FOH help employees manage musculoskeletal disorders?

We conduct training sessions that provide instruction to prevent or minimize occupational hazards. All programs are interactive, intervention focused, and customized to the needs of your agency.

How do I accommodate employees with disabilities?

FOH assists in evaluating accommodation requests, while meeting U.S. Rehabilitation Act requirements. Following a comprehensive onsite assessment, written recommendations address workplace modifications, work process changes, adaptive devices, and other measures to enable disabled employees to perform essential job functions.

What are the benefits?

- **Practical, economical, and customized ergonomic solutions** that enhance employee health and productivity
- **Expert staff** that provides training and consultation that empower managers and employees
- **Simple and flexible** service delivery method using the Interagency Agreement (IAA)

"The assistance provided by FOH over the past eight years has been immeasurable. These services have included individual office workstation evaluations, space planning, and training. Thanks to FOH, there is not an employee whose ergonomic needs cannot be met."

Ergonomics Program Manager
U.S. Department of Agriculture (USDA)

Fast Facts

- **Prevention** – Carpal tunnel syndrome, muscular strains and sprains represent the largest occupational injury and illness problem in the U.S. today.
- **Ergonomics services** are part of a comprehensive Wellness Program.

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your fingertips.
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