

Ergonomics Services

To help your company identify and mitigate musculoskeletal risks in the workplace.

PROVIDING THE BEST RISK SOLUTIONS FOR YOUR WORKERS

Acorn Occupational Health can assist your organisation to source the cause of risk activities within your workplace.

By offering a unique, dynamic program of assessments within your business of the job tasks your people undertake, then analysis of the people and their functional capacity, you will have a validated plan for reducing your high-risk job tasks.

The Wearable Sensor Technology is available to quantify the musculoskeletal risk of tasks in the workplace by providing video analysis and objective data which gives insight into the level of risk associated with each task and identifying contributing risk factors.

The Motion Capture Technology which has been developed for determining mobility and stability positioning of an individual's musculoskeletal system, the ability to gauge a worker's functional capacity and place them in a role that is most suited to their existing condition and, if required, further intervention is available to facilitate Fitness for Work rehabilitation.

Acorn will assess the tasks carried out within your business and the workers who perform them to evaluate data and provide you with a complete evaluation summary including guidance on identified risks and suggestions on how to modify tasks to reduce musculoskeletal risks, in both a practical, and priority-based manner.

1. Acorn scope operational requirements to determine best approach to use technologies, tailoring the best solution for your business.

2. Meeting of team members from Acorn and your business to determine activities and participants to be included in the assessments

3. Expert assessors utilise wearable sensor and motion capture technology to carry out video and data capture of selected tasks and participants.

4. Analysis to present aggregate data in an Executive Report of findings. complete with recommendations and interventions from ergonomic professionals.

THE TECHNOLOGY

This world-class system integrates technology and data information into your company's risk reduction program will help lead to a safer workplace.

Wearable Sensors

- Analysis of workplace job tasks
- Development of data-validated job descriptions
- Process to reduce movement risk
- Recordable training and education tools
- Coaching and support of return-to-work employees post injury

Motion Capture

- Pre-employment functional scanning
- Post-employment baseline analysis for individual functional capability
- Data-based analysis of individuals with a fit-for-work plan
- Injury treatment and rehabilitation monitoring and benchmarking
- Providing data for return-to-work plans and placement

Functional Capacity Assessments

A Functional Capacity Assessment (FCA) determines whether a person is physically capable of performing physical work tasks. The assessment aims to understand whether an individual's physical abilities, health status, and body functionality match the requirements of a job, and the work environment.

The Acorn team utilises Motion Capture technology to assess workers' mobility, capability, and function. This technology accurately determines the mobility and stability positioning of an individual's musculoskeletal system, providing valuable insights into their functional capacity. The assessments conducted with Motion Capture technology can be used alongside Acorn's management referral service to assess employees' functional ability, musculoskeletal fitness, and recommend work adjustments if needed.

The Ergonomic Team consists of experienced and fully qualified Ergonomists who specialise in conducting functional capacity assessments and providing valuable recommendations based on the results.

Benefits of Functional Capacity Assessments:

- Regularly used to support a management referral
- Provides quantitative data
- Minimises the risk of musculoskeletal issues
- Promotes safer working conditions
- Improves employee engagement
- Reduces the cost of potential sickness absence
- Increased health awareness and knowledge
- Enhanced safety culture amongst employees

If you are interested,
please email us at
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Factory Process Ergonomic Assessments

Acorn's team is composed of experienced and fully qualified Ergonomists who specialise in conducting ergonomic assessments for factory processes. They are dedicated to promoting workplace safety and well-being. Our team uses innovative technology to conduct ergonomic assessments for factory processes. We focus on identifying the causes of risk activities in your workplace and provide solutions to reduce the risk of musculoskeletal injuries.



Following these steps, there will be an assessment to assess progress, evaluate risks and review the effectiveness of the interventions. This ensures continuous improvement and ongoing support.

Benefits of Ergonomic Assessments:

- Provides quantitative data
- Results in improved productivity
- Minimises the risk of musculoskeletal issues
- Creates safer working conditions
- Enhanced safety culture amongst employees
- Improves employee engagement
- Improves morale and motivation
- Increased health awareness and knowledge

What a factory process ergonomic assessment includes:

- **Job Task Analysis:** Our team uses a unique and dynamic program to evaluate the job tasks performed by your employees. This analysis helps identify high-risk tasks and provides a better understanding of work tasks and associated risks.
- **Technology:** Our ergonomic team utilises Wearable Sensor Technology to quantify the musculoskeletal risk of job tasks. This technology provides video analysis and objective data, allowing them to identify contributing human factors and assess overall risk.
- **Evaluation and Recommendations:** Based on the data collected, the team evaluates the risk factors and provides a comprehensive report. This report includes practical and prioritised recommendations on how to modify tasks to reduce musculoskeletal risks. They also offer recordable training and education tools, coaching for safe working practices, and support for employees returning to work after an injury.

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A Combined Approach



Our team will utilise a combined approach to reduce musculoskeletal injuries in the workplace. Using innovative technology to identify the causes of risk activities and provide actionable solutions.



What a combined approach includes:

- **Job Task Analysis:** Our team will analyse the job tasks performed by employees within your organisation. Assessing the functional capacity of employees and evaluating how these tasks impact their musculoskeletal health.
- **Risk reduction plan:** Based on the analysis, Acorn will provide a comprehensive report and plan to reduce the risk of musculoskeletal injuries. This includes identifying high-risk job tasks, understanding the functional capacity of employees, aligning appropriate fitness to task demands, and adjusting work to lower risk.
- **Technology:** Our team utilise two main technologies. Wearable Sensor Technology and Motion Capture. Wearable Sensor Technology provides video analysis and objective data to quantify the musculoskeletal risk associated with each task and identify contributing human factors. Motion Capture technology assesses the mobility and stability positioning of an individual's musculoskeletal system to evaluate their functional capacity.
- **Evaluation and recommendations:** The Ergonomic Team evaluates the data collected from task analysis and functional capacity assessments. They provide a complete evaluation report with guidance and recommendations on modifying tasks to reduce musculoskeletal risk in a practical and priority-based manner.
- **Additional support:** Our approach goes beyond assessments. We offer recordable training and education tools, coaching for safe working practices, support for employees returning to work after injury, assistance in rehabilitation programs, and monitoring and benchmarking services.

Benefits of combined approach:

- Provides quantitative data
- Results in improved productivity
- Creates a safer working environment
- Increases employee retention
- Improves employee safety
- Improves employee engagement and morale
- Increased health awareness and knowledge
- Creates a respectful and caring environment
- Follow up assessments monitor progress

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The Ergonomic technologies that Acorn has invested in provide further opportunities for proactive intervention in different areas. Some of which include:

- **Pre-Employment:** Our Ergonomic technology can be used for functional screening during pre-employment processes. Motion Capture Technology can assess an individual's fitness for work and match them to appropriate job roles or help with load management.
- **Induction and training:** Wearable Sensor Technology can be utilised to provide practical and job-specific training outside of the traditional classroom setting. By using video footage, manual handling learning and new employee induction can be tailored to the specific demands of the job. This approach ensures that employees receive relevant training that prepares them for their specific tasks
- **Operation and work task:** The risk-scoring data and videos collected through ergonomic technology can be analysed to identify potential risks and propose controls based on the hierarchy of controls. This information can be used to develop risk reduction plans that aim to lower the risk and injury profile of key tasks. Additionally, by considering the movements and postures that contribute to the risk scores, task rotation schedules can be informed to minimise the potential for injuries caused by repetitive tasks
- **Capability/Return to Work:** Wearable Sensor Technology can provide valuable physical task demand information. This data can be used to update and complement existing Job Task Analysis, which assists in injury management, return to work, and rehabilitation processes. Motion Capture Technology can also be utilised to conduct Capability Functional screening, ensuring that individuals are fit for work and can manage the required loads of their specific roles.

