

The Productive Workplace

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Pelletier & Associates at the National Ergonomics Conference & Exposition

Diana Pelletier

As we begin the New Year, we would like to take the opportunity to reflect on our experience at the National Ergonomics Conference & Exposition, which we attended in Las Vegas from December 1-5, 2008. Our workshop, "Maintaining Ergonomics Programs during an Economic Slowdown", was a very popular session as many individuals were seeking new and innovative ways to sustain their programs. Based on feedback received from NECE, 96% of the attendees of our session stated they would recommend this session to their colleagues, and 94% stated that they would like to see the topic updated and presented again. We were extremely pleased with the results of the session and look forward to expanding the topic for future events.

The Exposition was also a great opportunity for us to display the latest in technology tools for the ergonomics professional, in particular the Ergo Tracking Tool and Ergo Reporting Templates. The tools have enabled the individuals in charge of large scale ergonomics programs to better track their data and capture metric data that enhances their program's value.

In all, the National Ergonomics Conference and Exposition provided us with a great opportunity to share information about our services and technology products, and it allowed us to provide other ergonomics professionals with ideas about managing their programs in the current economy. We at Pelletier & Associates are looking forward to NECE 2009!

2008 Revisited

As we all embark on a new year, our hopes are high that we can weather the difficult storm in which we find our country and the economy. Pelletier & Associates has found navigating these waters challenging, but we were provided with some great opportunities to work with a variety of new clients, and we look forward to working with many more in 2009. Some of the highlights of our year included:

- University of San Diego Medical Center – The Medical Center joined as the newest client to begin using our Ergo Toolset software in an effort to help streamline their ergonomics program and maximize their ability to capture vital data that shows the positive effect ergonomics has had on their workforce.
- City of Santa Ana – We are happy to have begun working with the City in an effort to provide ergonomic evaluation services to assist in keeping their employees safe and healthy at work.
- Quest Diagnostics – In a very innovative partnership, Pelletier & Associates is working with the Safety and Human Resources departments of this large provider of medical testing services in an effort to impact repetitive motion injury risks.
- Department of Motor Vehicles – We were very pleased to be selected as the ergonomic service provider for the Southern California section of the Department of Motor Vehicles.
- University of San Diego Campus – And rounding out the year, we began working with the E H & S department of the University of California, San Diego by providing our Ergo Toolset software.

We are encouraged by the interest shown in our products and services and have benefitted from collaborating with some exceptional ergonomics professionals this past year. We continue to maintain a strong client base and look forward to expanding into new and exciting areas in the coming year!



Product Spotlight: EZ Matt by EZ Way, Inc.

Michael Gonzales



Greater than one third of all back injuries among nursing staffs are attributed to the handling of patients and the frequency with which nurses are required to move patients manually. To reduce these annual injuries, many companies have devised automatic lifting devices to assist in the handling of patients. One of the most notable products for patient handling and lateral transfers is the EZ Matt™ by EZ Way, Inc. The EZ Matt™ is an air-powered lateral transfer system commonly used for transfers from bed to gurney or gurney to any other lateral surface.

The system simply transfers a patient on a soft nylon mattress designed with hundreds of tiny perforations on the underside.

When the small air supply system is attached, the mattress inflates and continues to pump air out of tiny the perforations. This continuous air flow helps eliminate friction between the mattress and pad during lateral transfer. Although there is no scientific evidence that proves a reduction of friction during transfer, testimonials have strongly advocated that the product is well worth the investment.

A typical lateral transfer will take 3-4 transporters or nursing staff to safely move a patient. The EZ Matt only requires 1-2 staff members due to its assisted air flow. The EZ Matt is ideal for situations where transfers are completed in multiple areas or rooms. This portability tends to be more convenient than other transportation devices like ceiling lifts, which typically are confined to a single room. The EZ Matt can be conveniently stored in its own housing case allowing easy transportation from room to room. Bariatric sizes are also available for patients that are above average weight capacities.



Dimensions

Large Mattress: 32" x 78"

Bariatric Mattress: 46" x 80"



Instructions for Use:

Simply roll the mattress underneath the patient. Secure the safety straps around the patient and start inflating the Matt. The Matt will take approximately 5 seconds to inflate. Once the Matt is inflated, the patient can then be laterally transferred to an opposing surface.

Each System Includes:

- 1200W Air Supply with hanger
- Mattress with built-in extension handles
 - Protective top sheet
 - Transfer bridge
 - Rolling storage bag
 - Power cord
 - 8 ft. air hose

Safe Lifting: Overview of Preventing Injury in a Healthcare Setting

Jaula Saatchi

Every minute of every day healthcare professionals are confronted with unanticipated situations. Interacting so closely with patients and residents, nurses and other healthcare professionals are exposed to a multitude of ergonomic risk factors as they go about their daily activities. Injuries resulting from patient interactions are a major concern; the costs of these injuries adversely affect an institution's bottom line by increasing workers' compensation costs, insurance premiums, restricting work days, increasing lost work days, and increasing medical and indemnity costs. In order to keep employees safe in a medical setting, more than preventative measures in the form of educational programs are needed.

Ergonomics in a healthcare setting has most commonly focused on safe body mechanics. New innovative solutions are now taking the place of a necessary, but an often impractical and unrealistic focus, on safe manual lifting techniques. By shifting the emphasis from just safe body mechanics to the implementation of lift assist devices in addition to mandatory training, healthcare settings are improving their injury prevention programs. These new solutions help to eliminate hazards resulting from manual lifting, transferring and repositioning tasks. Patient lifts are revolutionizing the way that healthcare professionals approach patient handling.

There are various types of lift assist devices to fit

the needs of every situation. The general categories of lift assist devices include: mobile floor patient lifts (general purpose and sit to stand), standing assist aids, overhead ceiling tract systems, single or traverse rail systems (ceiling or wall-mounted), mobile or freestanding single or traverse rail systems, and room-to-room designs. These lift assist devices offer a variety of accessories including slingbars, scales, stretchers and extension loops to fit every application. These tools eliminate the risk factors presented by manual lifting and aid in eliminating hazards to all those involved with patient handling.



Many institutions are moving toward mandatory safe lifting awareness campaigns. In addition, progressive ruling parties are moving forward with legislation that reinforces the use of lift-assist devices in healthcare settings. There are numerous free resources with regards to safe lifting that can improve almost any safe lifting program. By instituting a comprehensive safe lifting program and including the help of lift assist devices, institutions can dramatically reduce workers' compensation costs and create a safer work environment for all those involved with patient handling.

For more information, please visit:
www.safeliftingportal.com

At Pelletier & Associates, Inc., it is our mission to offer education, guidance, support and solutions to individuals and organizations by providing a complete line of disability management services.

We specialize in:

- Comprehensive Ergonomics Services
- Technology Products and Services
- Return to Work Program Development
- Worker's Compensation Issues

To learn more about these services and/or schedule a free, no-obligation, initial consultation at your facility, please call us at (949) 206-9923 and be sure to visit our website at www.pelletierinc.com