

Editor's Note: Association Newsletter Article — March 2009
Contact: Suzi Stolte (303-361-4779, suzi.stolte@pinnacol.com)

New Pinnacol “Office Ergonomics DVD” Can Reduce Injuries, Claims

Office worker injuries — specifically musculoskeletal disorders (MSDs), such as tendonitis, low-back pain, and carpal tunnel syndrome — are a serious problem for Pinnacol policyholders. The facts tell the story:

- A recent analysis of Pinnacol Assurance claims identified office workers as the employee group with the highest rate of MSDs — and the highest claims costs — across all occupations.
- Office worker MSD claims cost Pinnacol Assurance policyholders \$3.3 million per year, on average. The average cost of an office worker MSD claim is more than \$5,000.
- 50 percent of office worker injuries are MSDs related to computer work.

To address this issue, Pinnacol is releasing a new Office Ergonomics DVD for policyholders, which will be available in mid-March. This easy-to-use tool will show you and your association members how to:

- Reduce MSD injuries to office workers, customer service workers, and other employees
- Teach employees to properly set up their workstations
- Lower workers' compensation costs and keep employees safe on the job
- Establish an effective office ergonomics program

Like all Pinnacol safety materials, the DVD is free to policyholders. Pinnacol's safety consultants are also available to come to your association's safety meetings to show your members how to use it. It's not just for larger, office-based businesses; any company with even one employee working at a computer will benefit. And if any of your association members have staff using portable computers out of the office — in a hotel room, at a construction site, etc. — this DVD is a must for them, too.

Please encourage your members to take advantage of this important, free DVD. To order the DVD and other Pinnacol safety materials, call a Pinnacol safety consultant at 303.361.4000 or 800.873.724, or visit www.pinnacol.com.

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