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See page 2.



The new edition of Workstation Safety Plus by Cardinus includes accurate, effective and educational information for working expectant mothers in every trimester.
See page 2.

Welcome!

Welcome to the inaugural issue of **Forward Momentum**. Within these pages, we'll present you with a rich compendium of cogent articles, compelling news items, and inspiring human interest pieces... all aimed at keeping you in touch, informed and on track.

In these times of change, unpredictable markets and upheaval, our sole mission is to optimize, protect and empower your workforce. And OHS is all about you -- your business, your future, your forward momentum.

We don't do business the old way. We enjoy helping people define their goals, providing our clients with the information and the options they need and helping them to implement the custom service plan that absolutely fits their needs.

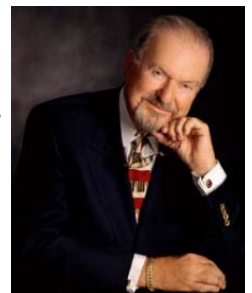
Your Partner In Health,



Frank Maguire—OHS Advisory Board Member, NECE Keynote Speaker

OHS' own Advisory Board Member, Frank Maguire, will be keynote speaker at the National Ergonomics Conference and Exposition (NECE) in Las Vegas this November.

Frank Maguire was a founding member and former Senior VP of Industrial Relations of FedEx Worldwide; former head of programming for ABC Radio Networks; communications consultant to Presidents John F. Kennedy and Lyndon B. Johnson; right hand man to KFC founder and pop-culture icon Colonel Sander; and author of "You're the Greatest!" Maguire is a speaker, motivator, teacher, innovator, storyteller and one of the most celebrated business gurus of our time.



For information about NECE:

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We Have Moved!

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“MSDs, Preventive Health and You: A Three Part Endeavor”

Part I: MSDs—The Other Chronic Condition

-Jessie Hochhalter and Rick Spencer,
Omega Health Systems

MSDs, or musculoskeletal disorders, affect the muscles, joints, tendons, ligaments and nerves—essentially, the entire body. Symptoms include back, neck and shoulder pain, weakness, numbness, stiffness, swelling, cramping, tingling¹... Not only do they affect the entire body, they are among the most common of human afflictions and one of the leading causes of workplace absence.² According to OSHA, MSDs represent 62 percent of all workers' compensation claims and result in nearly \$20 billion in lost work time and workers' compensation costs every year. So why aren't we concerned?

It might be because MSDs tend to be the result of cumulative and minute strains on the body over time—out of sight; out of mind ... that is, until the small discomfort becomes a burgeoning disorder. It might also be that MSDs have taken a back seat to other, more publicized chronic conditions: obesity, heart disease, diabetes, cancer. These afflictions are (and should be) of serious concern, but not at the expense of the equally prevalent and costly MSDs.

MSDs are often overlooked because they creep up slowly and don't bite as hard. The problem is, once they bite, they don't let go. They are caused by repetitive motion over time and, although a major pain, they don't kill you.

But what doesn't kill you doesn't always make you stronger. MSDs are robbing working people of their health and vitality, thereby robbing you of your productive and present employees.

See “MSDs,” page 3



Workstation Safety Plus— Additions for Expectant Mothers

The newest edition of Workstation Safety Plus, Cardinus' online ergonomics training and risk solution tool, includes brand new content for new and expectant mothers.

The risks associated with pregnancy at work are well known. As the body changes shape it becomes increasingly difficult to comply with best practice requirements. The affect can be increased pressure caused by sitting poorly and not supporting the body properly. Hormonal changes can add to this vulnerability so extra care is needed to protect the tendons and other soft tissues in the shoulders, elbows and wrists.

The new content discusses these added hazards that come with pregnancy, tips and insight about how to reduce those hazards, as well as pregnancy-specific graphics and diagrams. The added content has been through an expert review by Health & Safety Laboratories to ensure accurate, effective and educational information to keep working mothers safe and healthy through each trimester.

For more information about Workstation Safety Plus, visit the Cardinus website at cardinus.com or talk to OHS about how Workstation Safety Plus can supplement your current health and safety or ergonomics program.

“MSDs” cont. from pg. 2

Because MSDs are not as pointedly catastrophic, but rather sneak up and cost you in more elusive ways, the hazards often are ignored until it is too late. But even before repetitive strains and bad working mechanics become full-blown disorders, these practices contribute to fatigue and discomfort, a decrease in productivity, turnover and absenteeism—not to mention the costs associated with treatment and workers’ compensation claims when MSDs fully manifest.

In a study done by the *Journal of Occupational and Environmental Medicine*, back/neck pain was found to be one of the top five most costly conditions for employers—not only in medical/pharmaceutical bills, but also in productivity loss and absenteeism. In fact, for every dollar spent on medical and pharmaceutical costs, \$2.30 is lost due to decreased productivity and absenteeism.³

According to another recent study done in Europe, MSDs were determined to be the leading cause of absence from work (accounting for 49 percent of all absences and 60 percent of permanent work incapacity).⁴

To make matters worse, MSDs become more prevalent with age, and as the workforce is getting older and retirement is being deferred, MSD prevention measures will have to be taken across the board. We can no longer afford to ignore the causes of MSDs like we once did with obesity, cholesterol, diabetes and other highly preventable chronic conditions.



The good news is that MSDs are very closely linked with working environments, equipment and behavior—and small changes can make all the difference. Remember that injuries often are preceded by discomfort and can be easily prevented; actively monitoring environment, habits and warning signs can thwart workplace injuries.

To recap, MSDs are costly, painful, chronic...and no big deal. Wrong! MSDs, along with the previously mentioned chronic conditions, are the target of governments and organizations around the world. In Europe, MSDs already are an integral piece of the Lisbon strategy, the Community Strategy on Occupational Safety and Health, the European Agency for Health and Safety at Work and in many other pieces of EU legislation.¹ In the next installment of “MSDs, Preventive Health and You,” we will discuss why preventive health is so important, and how the U.S. government thinks it could be the solution to America’s ever-increasing healthcare costs.

¹ <http://www.healthline.com/galecontent/musculoskeletal-disorders>

² <http://blog.fitforworkeurope.eu/?p=272>

³ <http://www.workforce.com/section/02/feature/26/39/50/index.html>.

⁴ <http://www.csp.org.uk/uploads/documents/European%20campaign%20on%20MSDs%202007.pdf>

OHS offers a wide range of services that will help you recognize potential risks in the workplace, give you tools to reduce and eliminate those risks—and provide the skills to keep it that way. With a staff marked by their expertise in MSD Prevention, Physical Therapy, Human Resources, Training Development and Industrial/Organizational Psychology, OHS will deliver meaningful results with every client, every time.

Our Services



ErgoMED is a unique system of individual risk assessment and remediation including ergonomic evaluations, return-to-work services and software integration in order to reduce costs associated with workers' compensation claims and absenteeism, and increase morale and productivity.



ErgoFit integrates ergonomics into your company's culture through an unmatched system of ergonomic evaluation, education, training and implementation. It is fully comprehensive, easy to roll out and delivers meaningful and lasting results.



Cardinus Software—including Workstation Safety Plus, Healthy Working Plus and Manual Handling Plus—has evolved in line with national legislation and “best practice” requirements to allow for broad-range and low-cost risk assessment and training.



ProjectErgo is the next generation of ergonomic software. Together with Storm Lake Software, OHS has developed this advanced new product which allows you to deliver, collect and manage discomfort and risk surveys for thousands of workers across hundreds of projects, perform advanced ergonomic risk analysis such as RULA, REBA and NIOSH lifting equation and browse the solutions library to effectively reduce ergonomic risk, all with the click of a mouse.

Did you know that OHS provides ergonomic services to numerous Fortune 500 companies? Leading companies in almost every major industry have partnered with OHS to ensure that they are able to improve, protect and optimize the health of their employees. With the best companies choosing to put their employees' wellness in the hands of OHS—where we deliver meaningful results with every client— what are you waiting for? Visit our site www.ohs.us.com, or contact us at contact@ohs.us.com or (866) 966-3420.

Your partner in health,



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