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see pg. 4



OHS Advisory Board Member, Frank Maguire's ErgoExpo keynote address was a major success! A special thank you to all of those who attended.

Welcome!

Welcome to the second issue of **Forward Momentum**, where we will discuss how to optimize, protect and empower your workforce. OHS is all about you -- your business, your future, your forward momentum.

In this issue, we will recap OHS Advisory Board Member, Frank Maguire's keynote speech and continue with "MSDs, Preventive Health and You: A Three Part Endeavor" with "Part II: Preventive Health—Around the Nation and in the Office." We will talk about how the American government is taking a stand on preventive health and what this means for you, especially in dealing with chronic conditions like musculoskeletal disorders in the workplace.

Make sure to check out our special Ergonomics Stimulus Package on page 4—a great way to jump start your ergonomics program in 2010.

Your Partner In Health,



ErgoExpo Keynote Address

OHS' own Advisory Board Member, Frank Maguire, was keynote speaker at the National Ergonomics Conference and Exposition (NECE) in Las Vegas this November. Frank was a founding member of FedEx Worldwide; former head of programming for ABC Radio Networks; communications consultant to Presidents John F. Kennedy and Lyndon B. Johnson; and right hand man to KFC founder and pop-culture icon Colonel Sander. In his stirring presentation, "Motivation, Inspiration and Ergonomics," Frank discussed the importance of ergonomics from a human standpoint, and how organizations can look beyond "survival mode," and use ergonomics to help their people thrive. He also spoke to ergonomists directly, using personal anecdotes and motivational stories to assure us that in this time of great challenge, there is also great opportunity.

Contact OHS if you would like a copy of Frank's slides, or an audio version of the presentation.

See "Keynote," pg. 2

Did you know?

\$1 billion of the Recovery Act budget will be used specifically for prevention and wellness programs to improve the general health of the American people and reduce the enormous costs associated with reactive healthcare.

See pg. 2





During his speech, Frank had the audience hold hands, making the point that, though we are in different organizations, we need to work together to ensure the ongoing and future success of workplace ergonomics.

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

Part II: Preventive Health—Around the Nation and in the Office

-Jessie Hochhalter and Rick Spencer,
Omega Health Systems

Can preventive healthcare simultaneously improve the wellness of Americans *and* reduce costs? Opponents of preventive healthcare spending point out the difficulty of quantifying overall savings. But with chronic conditions being the leading cause of death worldwide, spanning all regions and socioeconomic levels—and steadily accelerating—preventive healthcare is hard to ignore. According to the World Health Organization, noncommunicable diseases account for more than 75 percent of deaths in the United States and more than 80 percent in Europe.¹

In the previous installment, we discussed a particular chronic condition: musculoskeletal disorders, or MSDs. We explored the heavy costs and complications that can arise from very preventable causes.

See “MSDs,” page 3

“Keynote,” cont.

Here is what some attendees had to say:

“I found it useful, informative and thoroughly entertaining. His personalizing the information with his own experiences, and the insights into some of the iconic folk that he has worked with made the presentation even more entertaining. I particularly enjoyed the homilies he used to identify his points, it gave a very informal and personal feel to the presentation.”

*David M. Goldojarb, M.S.,
Disability Case Manager/Ergonomist
Pratt & Whitney Rocketdyne, Inc.*

“I enjoyed Mr. Maguire’s Keynote Speech very much. It was by far the best keynote speech I have heard at NECE in all my years of attendance. I felt like he was speaking directly to me and felt moved and empowered by his stories. I am an eagle and I will fly like an eagle....”

*Naz Dardashti, CPE
Certified Professional Ergonomist
ERGONAZ, INC.*

“Frank Maguire’s Keynote address at the 2009 National Ergonomics Conference & Expo was the best yet! Mr. Maguire’s message was both motivational and inspirational, touching the heart as well as the mind. I came away with simple and specific tools to use to improve my communication and listening skills, and the excitement to apply them. Many thanks!”

*Robin Cyr
Occupational Health Manager
S.M. Stoller Corp.*

“MSDs” cont. from pg. 2

Now, we will look at exactly how powerful the U.S. government believes preventive health can be in combating ever-increasing healthcare costs and enhancing the well-being of Americans, and how this paradigm shift is applicable, and necessary, in the workplace.

What we must face is that throwing time, money and energy at the acute manifestations of a much larger problem is backward and illogical. We don't wait until our engine blows out before we see a mechanic; why do we resist seeing the same potential for health when prevention of something devastating down the road is a matter of simple maintenance?

Opponents of preventive health will argue that change will not happen fast enough; they'll note that we will spend billions on healthcare screenings, education and other preventive measures only to have people living longer with the same chronic conditions. While it may be true that change can't happen overnight, our current “deal with it as it comes” approach to healthcare is simply not sustainable. The U.S. spends more per capita on healthcare than any other country yet continues to rank 37th in the world in terms of healthcare quality (according to the World Health Organization). This must mean that we are not using our resources effectively.

Ergonomics is one of the most important and overlooked tools regarding preventive health. The average working American spends about 40 hours per week sitting at a desk; that is nearly 25 percent of our lives during those years!

Simple changes and small investments in the health of your workforce will mean better health, increased productivity and fewer costs later. Although it may seem hard to justify spending any more money within your organization in the current economic climate, preventive health is not only better for your employee, it is better for your bottom line. Don't believe it? Let's look at how the current administration plans on getting out of the vicious cycle of ever-increasing healthcare costs.

In the next 12 months, under the Recovery Act, the government has allocated billions of dollars to healthcare (approximately 64 percent of the total Recovery Act budget for 2009). These funds will be

used for healthcare infrastructure, health information technology and other programs in order to make the system run more smoothly and reduce costs in the long term. In fact, \$1 billion will be used specifically for prevention and wellness programs to improve the general health of the American people and reduce the enormous costs associated with reactive healthcare.²

By 2012, this spending will decrease to a mere 1 percent of the total Recovery Act budget. Why is the government spending so much money on preventive healthcare and infrastructure *now*? The Congressional Budget Office estimates that by 2025, if we continue with the current healthcare system and reactive health paradigm, one out of every four dollars in our national economy will be tied up in the health system³.

Simply put, we need reform, and the current administration has vowed to make investment in wellness and prevention an integral part of this reform. Human resources professionals, take note.

Many chronic and costly conditions have preventable causes; this has been a hot topic in dealing with obesity, heart disease, cancer and diabetes. This also is the case with musculoskeletal disorders; these long-term injuries are preventable through small changes in equipment, behavior and education. It is time for a paradigm shift. Health isn't something that should be “dealt with” when something goes wrong. ... It is something that needs to be promoted, enhanced and protected.

In the next installment of “MSDs, Preventive Health and You,” we will discuss how you can embrace the preventive health ideology to combat MSDs, increase productivity, reduce costs and protect your most valuable asset—your health.

¹ http://www.wpro.who.int/NR/rdonlyres/DF245E6E-7CAF-44D5-9BAE-6E65C9741F8F/0/People_centred_SIN_May2008.pdf

² <http://www.recovery.gov>

³ http://www.whitehouse.gov/issues/health_care

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.

Ergonomics Stimulus Package

Jump start 2010 by seeing what OHS and a revamped ergonomics program can do for your business. To get you started, we are offering your choice of one of these great offers:

- * **Cardinus Software:** 3 solutions (Workstation Safety +, Healthy Working + and Material Handling +) for the price of 1. **
- * **Free Gap Analysis:** Find out what your ergonomics program needs for meeting your goals and objectives.
- * **Free Executive Workspace Evaluation:** Let an executive learn about his or her workspace and experience the difference small ergonomic adjustments can make to improve comfort and productivity.

Visit our site www.ohs.us.com, or contact us at contact@ohs.us.com or (866) 966-3420 to get started.

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