

## Welcome!

Welcome to the April 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, David Brandenburg, CPE, will take a look at the costs and benefits of adjustable and sit/stand workstations. He will compare the different varieties and options in terms of adjustability, price, usability, configurations and the pros and cons of several popular varieties. (p. 2)
- The debate about OSHA's proposed addition of an MSD column in the 300 Log roars on. In this issue, we will look at some of the common arguments for such an addition, as made by OSHA, as well as arguments against the addition made by organizations opposed to the proposal. (p. 4)

Your Partner In Health,



## “Adjustable Workstations: The Great Debate”

-David Brandenburg, CPE  
Omega Health Systems

Considering an adjustable workstation? Check out this article weighing the pros and cons of the investment and exploring the many adjustable workstation options.

Read more, page 2



## In the News: OSHA's MSD Recordkeeping Proposal Sparks Debate

OSHA's proposed addition to the 300 Log, requiring employers to record musculoskeletal disorders (MSDs) in a separate column continues to face heated protest. On March 30, 2010, 19 associations submitted extensive comments to OSHA expressing their concern about such an addition.

For a summary of these comments and concerns, visit:

<http://www.ieci.org/uploads/10AprilMSDCommentsSummary.pdf>.

For a summary of the benefits (according to OSHA) and costs (according to opponents) of the implementation of a separate column for MSDs on the OSHA 300 Log, **see page 4**.



## Our Systems



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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.



is the next generation of ergonomic software. 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 (RULA, REBA and NIOSH lifting equation) and browse the solutions library to effectively reduce ergonomic risk with the click of a mouse.



is a system leveraging award-winning Cardinus software (Workstation Safety Plus), in conjunction with early intervention tactics, such as telephonic intervention, ergonomic desk assessments and ongoing reports and metrics, to reduce risk and costs associated with workplace injury.

## The Good, the Bad and the OSHA 300 Log

### Common Arguments For:

- ✓ By reporting MSDs in a separate column, previously uncollected data will be gained.
- ✓ The data collected will lead to much-needed insight into MSDs in America.
- ✓ The initial cost will benefit organizations, providing them with metrics useful on an organizational level.
- ✓ Insight gained will allow OSHA to target MSD problem industries more effectively.
- ✓ It is likely that an MSD column will help specify illnesses and disorders listed under the "all other illnesses" column of the log.

### Common Arguments Against:

- ✓ Due to the inexact nature of defining MSDs, the data collected will be neither detailed nor reliable.
- ✓ Even if insight is gained, this requirement will not decrease the instances of MSDs. Reporting of minor discomfort will likely increase.
- ✓ A new reporting regulation will burden businesses with increased administration costs.
- ✓ Reporting of MSDs will rely on unscientific guesswork by administration, as there is no agreed upon definition, and determining if the injury is work-related can be difficult.



Your partner in health,



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