

Ergonomics Solutions

**OSHA Program
Compliance**

**Comprehensive
Written Program
Development**

**Workstation
Evaluations**

**Injury
Prevention
Seminars**

**Safety in Motion
Courses**

**Supervisor
Training**

**Workstation
Evaluator Training**

Hazard Assessment

**Recordkeeping
Assistance**

**Pre-placement
Physical
Assessments**

Clinical Evaluation

Ergonomics is the science of fitting jobs to the people who work in them. The goal of an effective ergonomics program is to reduce work-related musculoskeletal disorders (MSDs) that can be developed by workers.

There is a tremendous emphasis on ergonomics today. MSD injuries lead worker's compensation losses. Both State and Federal OSHA standards will require employers to develop meaningful and effective programs to prevent worker injuries. And we find there is often a direct correlation between a good ergonomics program and enhanced productivity, reduced turnover and high worker morale.

NANA Training Systems (NTS) brings a wealth of knowledge and expertise to help solve your ergonomic issues. We bring many years of hands-on experience in developing holistic programs and procedures that will prevent injuries in your workforce. We have evaluated thousands of workstations - from office settings, to light industrial, to manufacturing. We can help you whether you need a full program, or just a workstation assessment.

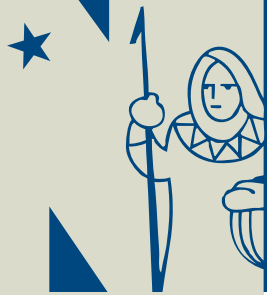
A full ergonomics program is much more than just doing some workstation assessments. While an evaluation may point out some problems, do you have a system in place for:

- Identification of trends and high risk tasks?
- Established protocols for medical intervention and follow-up?
- Defined roles for problem correction and tracking deficiencies?
- Consistent recordkeeping and a process for compliance?

NTS can help you to identify gaps in your program and recommend strategies to bring your program up to speed - thereby reducing losses. We are on the leading edge of injury prevention education, offering a wide range of seminars and workshops using the Safety in Motion courses, or developing a site-specific course tailored to your specifications, using your jobs using any or all of the components listed on the sidebar to the left.

NTS offers coaching and training for your supervisors or others in your organization to start performing workstation evaluations, or supporting the ergonomics programs in your organization.

With nearly one hundred combined years of developing and implementing ergonomics programs, training and clinical experience, NTS offers the most comprehensive and professional ergonomics solutions available.



Ergonomics Team Staffing

The NTS Ergonomics Team is led by Gary McCarthy, LPT. Gary has thirty years of ergonomics experience from both a clinical and practical viewpoint. After graduating from the University of Southern California with a Master's Degree in Physical Therapy, Gary began practice in a clinical setting. In 1979 he started Alpine Physical Therapy with his wife Jean McCarthy. During that time, Gary concluded that there was a great need for injury prevention education and developed a highly regarded injury prevention school. This school was implemented in a number of Alaskan businesses and is credited with helping to reduce worker injuries substantially - when used in a comprehensive ergonomics program.

Gary also has extensive expertise in workstation evaluations, supervisor training, injury prevention education, training workstation evaluators and assisting with developing meaningful injury reduction programs.

Jean McCarthy graduated from Curtin (in Western Australia) and has thirty years of experience in clinical physical therapy, pre-placement screening, physical capacities evaluations and injury prevention education.

Chris Ross, CSP is the General Manager of NANA Training Systems and brings over fifteen years of loss control, safety and ergonomics experience. During his tenure as the Corporate Safety and Health Manager at NANA, MSDs were significantly reduced through implementing a comprehensive 15-step injury prevention program. This process has been adopted (in whole or in part) by dozens of Alaskan companies over the past ten years, all showing dramatic reductions in losses due ergonomic factors.

The Ergonomics Team is supported with various other safety and health professionals, industrial hygienists and workstation evaluators. This team can provide solutions for all of your ergonomics concerns - from just a workstation evaluation, to developing a pre-placement evaluation strategy to developing a comprehensive program.