

# CBS Corporate Safety and Environmental Affairs

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## *Ergonomics*

Ergonomics is the science of adapting equipment, the workplace environment, and process to the worker, rather than the worker adapting to fit the job. Equipment is designed and arranged to help lessen muscle fatigue; increase productivity; and reduce the number and severity of work-related musculoskeletal disorders (MSDs).

Ergonomic injuries can develop in employees who sit at a desk for much of the day; carry and lift heavy loads; stand for long periods of time; work in awkward body postures; or perform the same or similar tasks repetitively.

These injuries can affect the muscles, nerves, tendons, ligaments, joints, cartilage, and spinal discs. They can be directly or indirectly related to job duties or the work environment. Discomfort affects both worker efficiency and health care premiums. According to the Bureau of Labor Statistics, 34% of all workplace injuries in the U.S. and nearly 40% of the costs are ergonomic related.

CBS is currently piloting a program at Studio Center where employees will receive training on how to identify ergonomic issues they may encounter in the workplace. They will be able to report problems and receive recommendations on solutions and corrective actions. Most ergonomic issues are easily resolved with little to no expenditure by properly positioning computer equipment and accessories, which in turn will resolve awkward postures.

While a comprehensive, corporate-wide ergonomics program is still in the planning stages, ergonomics training is currently available to all employees from SkillSoft, our on-line training provider, and assistance is available through Corporate Safety and Environmental Affairs to address any ergonomics issues. This training and assistance is provided free of charge to all employees. The Office Ergonomics course offers information on:

- Identifying work-related MSDs
- Identifying controls commonly used to reduce or eliminate MSDs in the workplace
- Identifying the role of furniture and equipment in ergonomics

Please contact [Dorothy.Pastelak@cbs.com](mailto:Dorothy.Pastelak@cbs.com) with any questions on training and [Mark.Perriello@cbs.com](mailto:Mark.Perriello@cbs.com) for assistance or additional information on ergonomic problems and solutions.

## SkillSoft Courses

In addition to Office Ergonomics, the following courses are also available from SkillSoft:

- Back Safety
- Defensive Driving
- DOT Drug & Alcohol Awareness
- Electrical Safety
- Fall Protection
- Hazard Communication
- Hazardous Waste Generator
- Heat Stress
- Lockout/Tagout
- NFPA 70E Electrical Safety
- Powered Industrial Trucks
- OSHA 300 Recordkeeping
- Portable Fire Extinguishers
- Scaffolding/Ladder Safety
- Slips, Trips, and Falls
- SPCC Plans
- Sprains and Strains
- Universal Waste Rule