



Case Study

80% Reduction of Sprains and Strains in Just Two Years

 **ErgoPlus**[™]

A Partnership for Prevention Leads to Better Health Outcomes



About Pelco

Pelco by Schneider Electric understands that information is critical to success, which is why they are singularly focused on the development of video surveillance and security solutions that provide the information necessary to make real-time, business-enabling decisions.

Pelco is committed to designing and delivering a broad range of high-quality, IP video security products and systems complemented with an unparalleled level of customer support and services.

MANUFACTURING FACILITY

500 EMPLOYEES

The Challenge

Pelco was struggling to prevent sprains, strains, and other musculoskeletal injuries.

Upon contacting ErgoPlus for services, Pelco was experiencing high levels of recordable injuries and illnesses. Sprains, strains and other musculoskeletal injuries and disorders seemed to plague the facility.

Although there was an active safety team, there was not a formal process in place to reduce the risks associated with these injuries. There was no ergonomics team and no process to identify ergonomic improvement opportunities. Workplace athletes weren't trained in proper body mechanics, ergonomics, or self-care best practices. There was no early reporting of fatigue to put preventive measures in place.

Left unchecked, these MSD risk factors eventually led to a steady stream of frustrating, costly, and painful injuries.

The Solution

Pelco partnered with an ErgoPlus injury prevention specialist to implement a full range of controls to mitigate MSD risk.

Injury prevention specialist Jill Nelson began making regular visits to the Pelco facility to implement and execute the ErgoPlus System.



Jill Nelson, KT, ATC/L, CEAS

Jill Nelson is a graduate of the University of Illinois – Chicago, with a double BS degree in Kinesiotherapy (1995) and Athletic Training (1996). Jill has spent over 10 years providing physical rehabilitation and implementing prevention programs both on the field and in the field for students, adults, and in industry.

Jill is a Certified Athletic Trainer with advanced training and certification in ergonomics – what we call an “injury prevention specialist.” Her expertise and the prevention-focused approach of the ErgoPlus System combined to help Pelco reduce all risk factors related to MSDs.

Services Delivered

Establishment

Establish a culture of prevention and safety.

- Needs analysis
- Strategic planning
- Leadership training
- Warm-up stretching program

Ergonomics

Quantify and control ergonomic risk factors.

- Program design
- Ergonomic assessments
- Ergonomics training
- Cost-justification
- Solutions development
- Design guidelines
- Job rotation analysis
- Program management

Early Intervention

Uncover and control early warning signs of fatigue.

- Early fatigue identification
- Root cause identification
- One-on-one consultations
- Work method training
- Body mechanics training
- Self-care training
- Weekly follow-up

Education

Empower your workforce to execute best practices.

- Ergonomics
- Work methods
- Work recovery
- Lifting technique
- Self-care tools
- Counteractive stretching
- Tool selection

Evaluation

Drive continuous improvement and innovation.

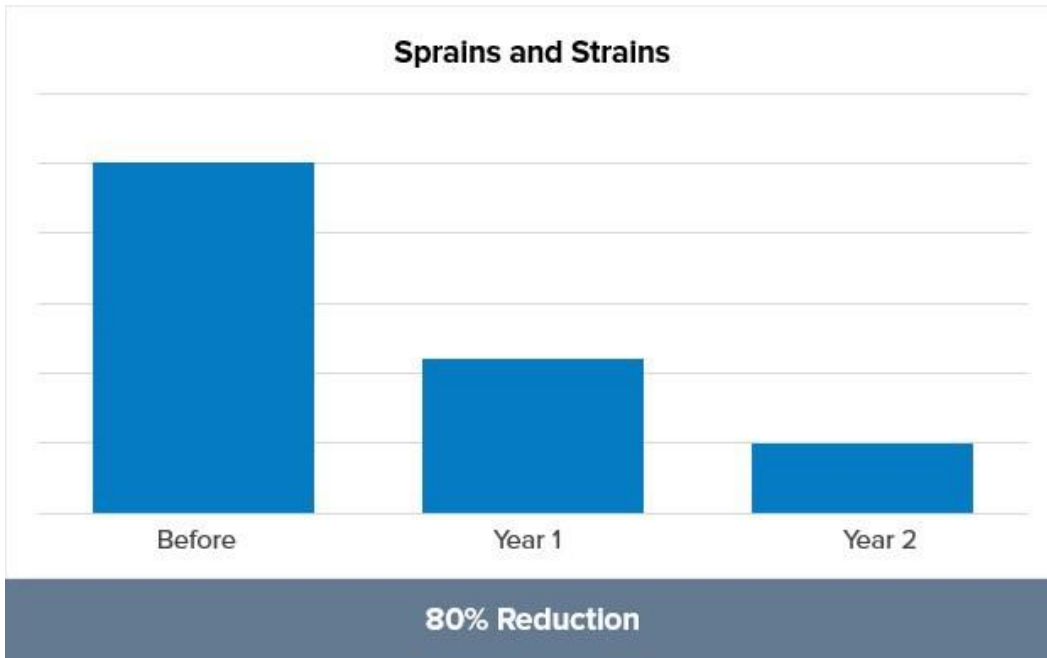
- Monthly, quarterly, annual reports
- Continuous improvement opportunity identification
- Cost-benefit analysis

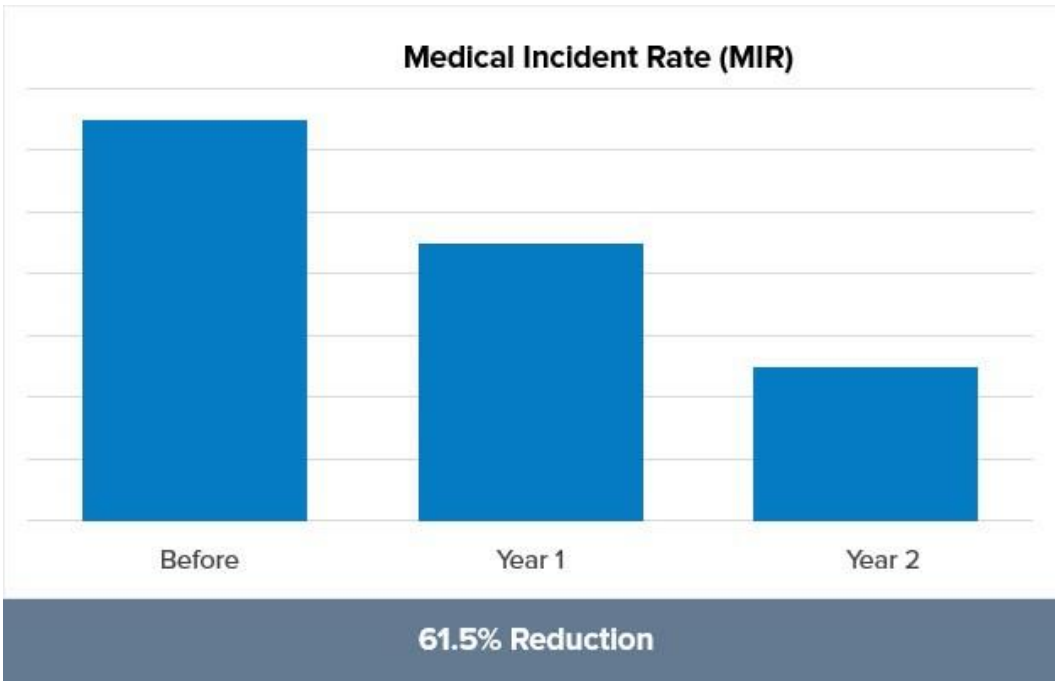
The Results

A focus on prevention shifts musculoskeletal health from a cost center to a profit center within just two years.

The story of Pelco, Layne Soares (Pelco Safety Manager) and Jill Nelson (ErgoPlus onsite injury prevention specialist) illustrates a truism we see borne out over and over again – a focus on prevention today improves outcomes tomorrow and on down the road.

Ultimately, the truest measure of our performance is the success of our clients. Here are the results of our partnership with Pelco so far - this is what happens when the right expertise combines with the right process to create world-class results:







Jill has done an absolutely amazing job. To give some perspective, I've been here 7 1/2 years and last year was the first time I've witnessed the top "type of injury" experienced NOT be sprain/strain related. In fact, our results for 2012 were historic in that we incurred the lowest number of recordable injuries in Pelco's 25 year history. Thanks to Jill's input and training, our sprain/strain-related injuries were reduced by 50+%, contributing to an overall reduction in injuries by 50+%. Jill has been, and continues to be, a viable asset to our team. — Layne Soares





**Empowering Safety Teams to Achieve
Injury-Free Work Performance**

[Contact Us](#)

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