

1 Minute



4 Safety

Ergo Injuries are PREVENTABLE

...if reported early!



EARLY SIGNS (aches, soreness, stiffness, cramping)
If reported and addressed within 2 to 6 weeks

Ergo Evaluations + improvements are **> 90% EFFECTIVE** in reducing DISCOMFORT and stopping the progression of injury!!

If EARLY SIGNS not addressed, signs progress to symptoms and INJURY results

LATER SYMPTOMS

- Swelling/inflammation
- Tenderness to touch
- Numbness/tingling
- Lose strength/function

Ergo Evals + 1st Aid are **< 30% EFFECTIVE** in avoiding a Recordable Injury at this later stage

At first sign of recurring Discomfort, even low-level Discomfort:

- Notify your Supervisor or Manager
- Request an Ergo Evaluation found on the A-Z Index
- Seek medical assistance from the Health Services clinic x6266

For additional information, contact the Ergo Team at x6848 or Ergo@lbl.gov