



# Ergonomic Risk Assessment Tool

Moscow, 1 June 2016

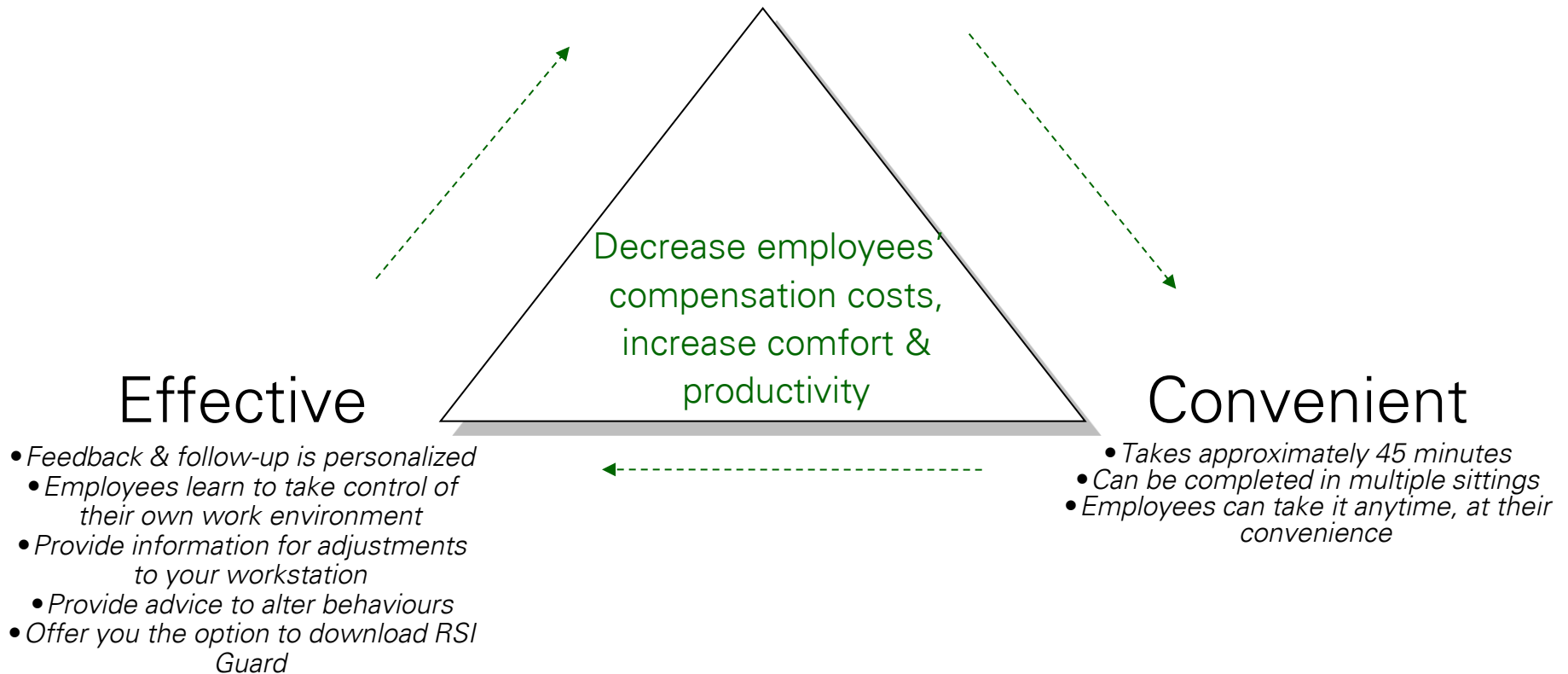


- Historically BP trained people to do ergonomic assessments – costly
- In 2009 switched to Remedy tool - an online Ergonomic Workstation assessment, that is self administered and takes approximately 45 minutes to complete
- Remedy is identified as a preferred option for BP as part of an effective management solution for musculoskeletal disorders
- Remedy advises the individual on working safely and optimal use of available equipment:
  - It objectively assesses exposure and identifies risk
  - Gives guidance to best working practice and offers self administered solutions
  - Tracks and analyses the results to reduce risk



## Requires Minimal Support

- *Rollout is automated*
- *Focuses on behavioural changes, not equipment*
- *Remedy assesses users' risk (high, medium, low)*
- *Follow-up with high risk employees is automated*

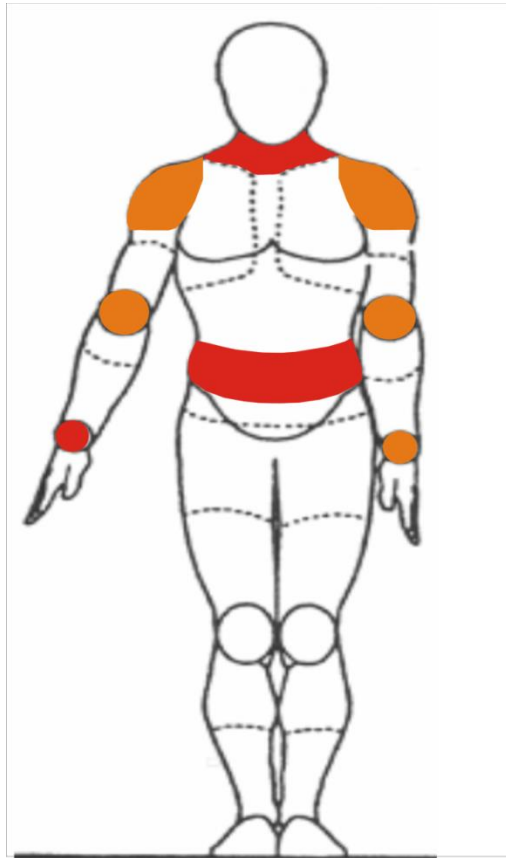


# Remedy Process



- Training sessions for employees where we explain:
  - What are musculoskeletal disorders and their main causes
  - How to complete Remedy
  - What is RSIGuard and how to effectively use it
  - Laptop use while travelling
- The tool is completed by new starters and then every 2 years or if any change occurs (relocation, pregnancy, change in health etc.)

# Musculoskeletal disorders



The regions most affected by pain or discomfort were the right forearm/wrist, lower back and the neck

# Remedy process



- Data is analysed and user is designated as
  - High (red)
  - Moderate (amber) or
  - Low (green) risk
- An email is sent to user along with detailed recommendations on how to minimize risks
- User implements recommendations and records these on his individual Remedy Profile page. It re-evaluates the score he will get
- User receives email reminders if:
  - He does not complete the questionnaire
  - He does not update his profile following the recommendations

# Practical Solutions (example 1)



PROBLEM	HOW IS IT CAUSED	SOLUTION
Pain to flexor muscle of arm	Striking keys with too much pressure	Touch typing course
Pain to little fingers	Striking keys with too much pressure	Touch typing course
Pain upper surface forearm and hand	Wrist on table or keyboard when keying Wrist held stiffly	Adjust keyboard angle Relax work style
Outer surface of forearm painful	Elbow stuck out or wrists abnormally bent	Straighten the keyboard Move whole arm not just wrists

# Practical Solutions (example 2)



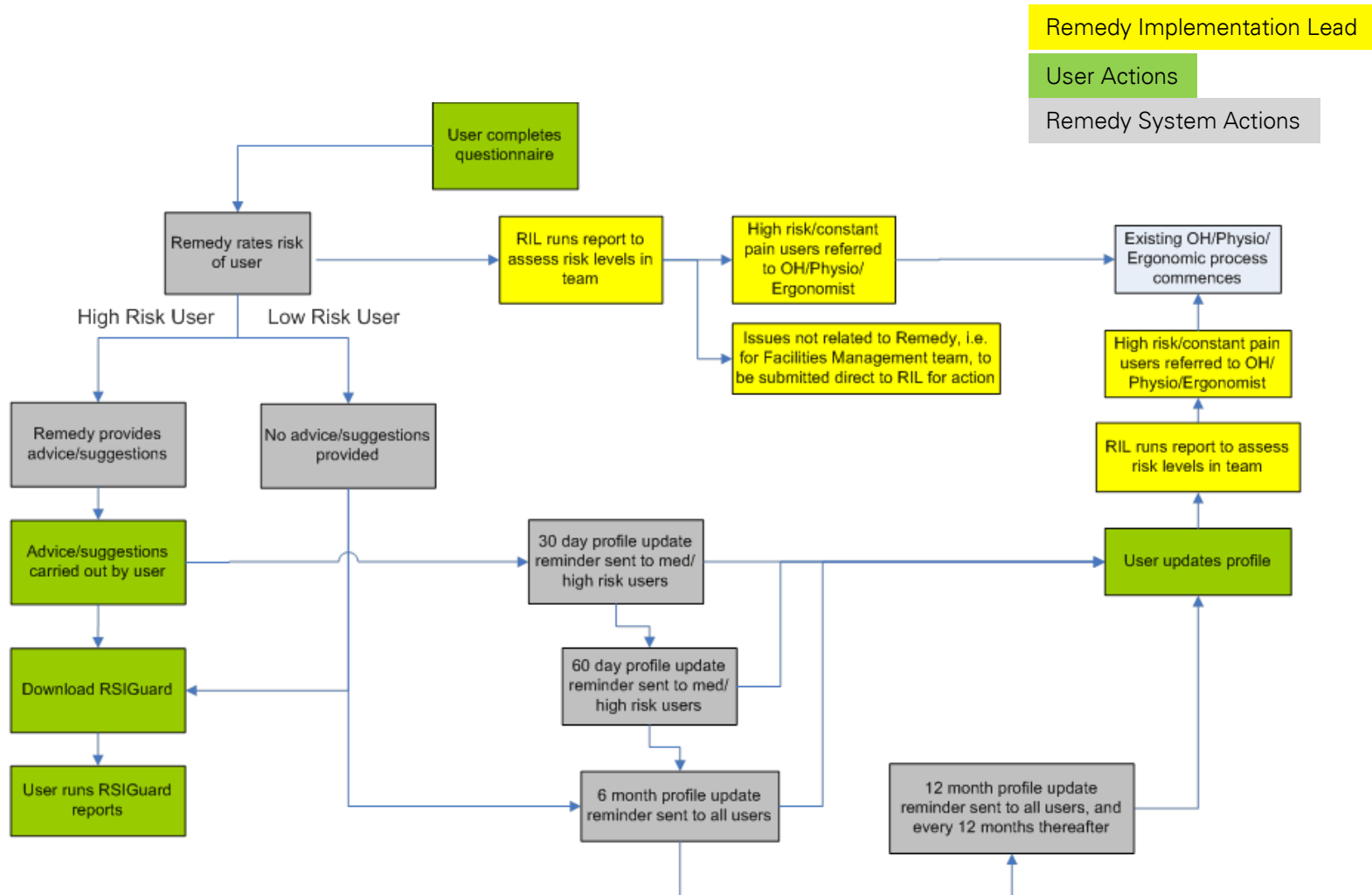
PROBLEM	HOW IS IT CAUSED	SOLUTION
Pain to base of neck	Documents too low Screen too low or high	Raise documents Adjust height of screen
Pain to side of neck	Looking to one side Cradling telephone in nape of neck	Move documents Use hands free telephone
Pain between shoulder blades	Keyboard too far away	Bring equipment closer so arms not extended
Pain behind shoulder blades/ shoulders pulled back	Keyboard too close Incorrect posture	Push keyboard away Sit upright with head in line with body



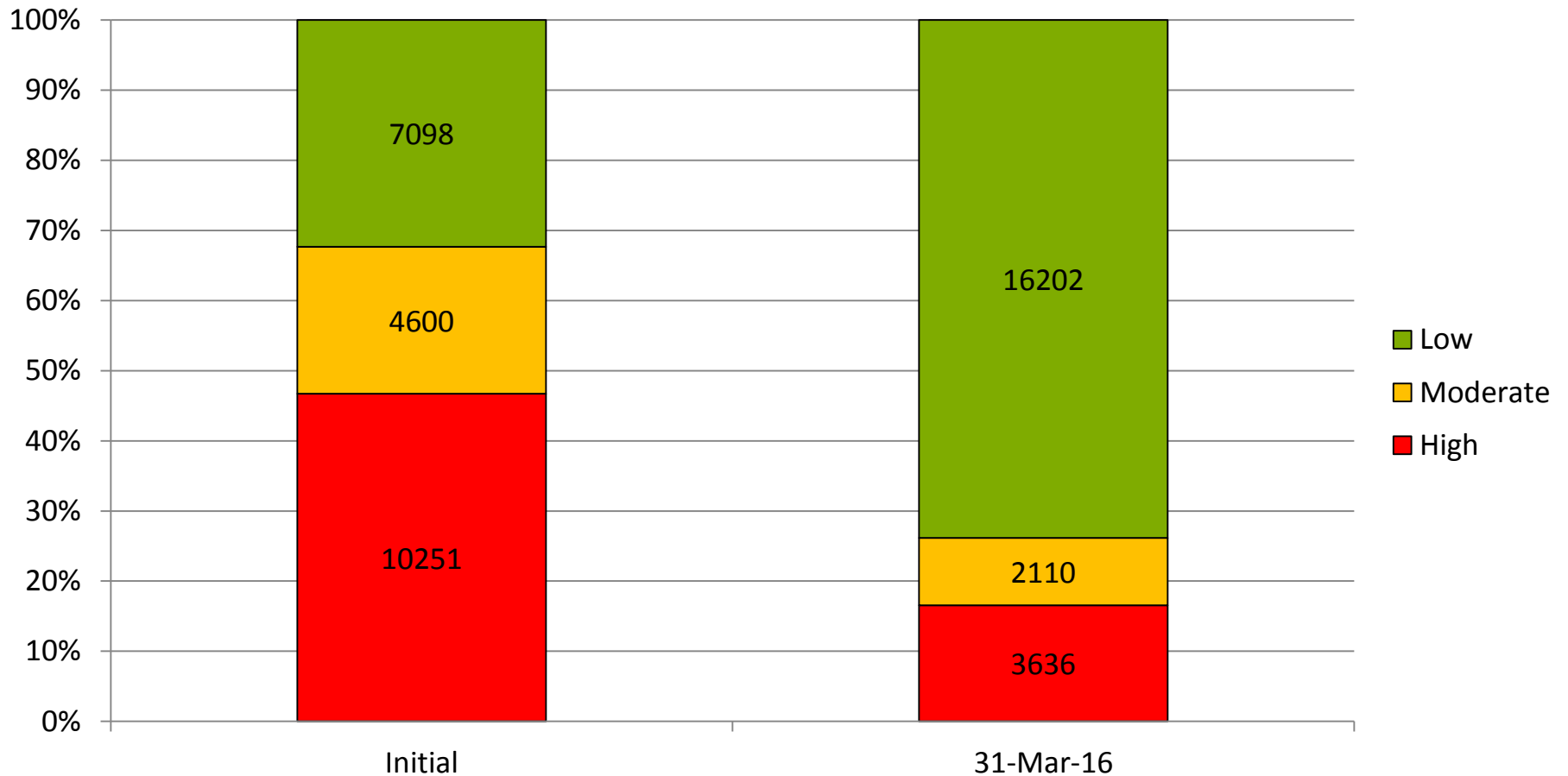


- What is RSIGuard?
  - An ergonomic software tool aiming to enhance awareness of correct mouse and keyboard use
- How does RSIGuard help prevent and manage RSI?
  - Reducing mouse and keyboard-related strain exposure
  - Helping you to take rests when you need them
  - Helping you monitor your work patterns in order to prevent or diagnose the cause of problems

# Remedy process flowchart



# Remedy Risk Progression



65% Decrease in High Risk Level

Current BP users completing an assessment between December 31, 2013 and December 31, 2015