



Workplace Accommodations and Ergonomics

Injury prevention is an important aspect of many companies' workers' compensation cost-containment programs. Two prevention strategies are "accommodations" and "ergonomics."

Accommodations

Accommodations are changes or adjustments to a job or work environment that will enable a worker to perform the job. Types of accommodations include: making existing facilities readily accessible and useable; restructuring job duties or tasks; modifying work schedules; acquiring or modifying equipment or devices; providing readers or interpreters; and modifying exams, training materials, or policies.

Ergonomics

Ergonomics is the term used to describe a process of designing user-friendly jobs and eliminating job hazards that can cause injury and illness. Some jobs require awkward postures, use of excessive force, or significant repetition. Making ergonomic improvements in the workplace can result in fewer injuries, reduced absenteeism, decreased turnover, increased efficiency, improved work quality, higher morale, and lower workers' compensation costs.

Businesses can obtain more information on these strategies from Michigan Rehabilitation Services (MRS), a division of the Michigan Department of Energy, Labor & Economic Growth. MRS provides assistance and information to businesses that are considering workplace adjustments for their workers. This assistance is available at each of the MRS offices throughout the state. Call 1-800-605-6722 (voice) or 1-888-605-6722 (TTY) for office locations or more information. The initial consultation is free.

Accommodation Center

The state also operates the Disability Management Program, Accommodation Center, with locations in Lansing and Farmington Hills. These centers use a comprehensive team approach to design and provide accommodations and ergonomics for specific employer needs. Services to businesses include:

- work station and seating evaluations
 - ergonomic risk factor assessments
 - ergonomics training
 - assistive technology assessments
 - complete follow-up on all services provided
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Please contact the Accommodation Center nearest you:

1048 Pierpont
Suite 6
Lansing, MI 48913
1-888-271-8337
(toll free, voice/TTY)

38955 Hills Tech Drive,
Suite 210
Farmington Hills, MI 48331
1-877-901-7361
(toll free, voice/TTY)
