

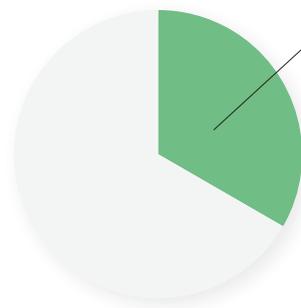


WORKSMART SOLUTIONS, PC

CASE STUDY

Overview

Ege WorkSmart Solutions, PC (EWSS) helps **Crandall Stats & Sensors, Inc.** to encourage employee engagement through Stretch It Out® (SIO!), Early Intervention (EI), and ergonomics training and awareness programs to address and resolve all contributing factors of musculoskeletal disorders (MSDs).



Musculoskeletal disorders (MSDs) average a direct cost of almost \$15,000 and are the largest category of workplace injuries responsible for over one third of worker's compensation costs¹.

¹U.S. Bureau Labor of Statistics

To be proactive, Crandall Stats & Sensors implemented EWSS **Stretch It Out® (SIO!)** and **Early Intervention (EI)** training and awareness programs to keep employees healthy and safe from an injury prevention standpoint.

THE CLIENT



Crandall Stats & Sensors, Inc. is a family owned and operated business dedicated to providing high quality, cost competitive products and services assembled in America by empowering and enriching their staff at work, at home, and in the community.

EMPLOYEES SERVED

24

SERVICES PROVIDED

STRETCH IT OUT® (SIO!)
EARLY INTERVENTION (EI)
ERGONOMICS & AWARENESS TRAINING

LOCATIONS IN NORTH AMERICA

1



Challenges

Initially, employees were skeptical to participate in the programs because they questioned the overall benefits and hesitated to share any issues for fear of creating extra costs for the small, family-owned business. However, employee engagement was essential to identify discomfort issues and pursue opportunities for performance improvements.

With no early reporting process, Crandall Stats & Sensors could not identify tasks or processes that potentially caused MSDs, such as carpal tunnel syndrome, tendonitis, ligament sprain, or tension neck syndrome. They needed a solution that:

- Demonstrated upper management's concern towards employee well-being in and outside of work.
- Encouraged employee participation in identifying issues and potential solutions.
- Developed activities that promoted a safer and more enjoyable work environment.

Solutions

To encourage workers to be part of the solution and facilitate communication, Crandall Stats & Sensors' entire management team participated in the EWSS programs to showcase their commitment to the employees' work life and home-life safety.

"Our leadership helped set an example with a complete management buy-in and participated daily in the programs alongside the employees," said Gayla Maddock, Project Manager at Crandall Stats & Sensors.



Once they saw that we were committed and knew they were important to us, it wasn't going to go away. They saw the wins from receiving treatment, which changed the culture and encouraged everyone to get onboard.



The EWSS EI program included an evaluation process identified potential MSD stressors linked to the employees' complaints, matched the work to the worker, and determined each employee's ability to safely perform the physical requirements of their specific duties.

EWSS SIO! program provided a step-by-step training guide that:

- Explained the physiology of stretching and its role in safety.
- Provided a combination of dynamic movement patterns and static stretches that promoted blood flow to muscles throughout the body.
- Showcased the health benefits with stretching including good posture, flexibility, and increased energy throughout the body.



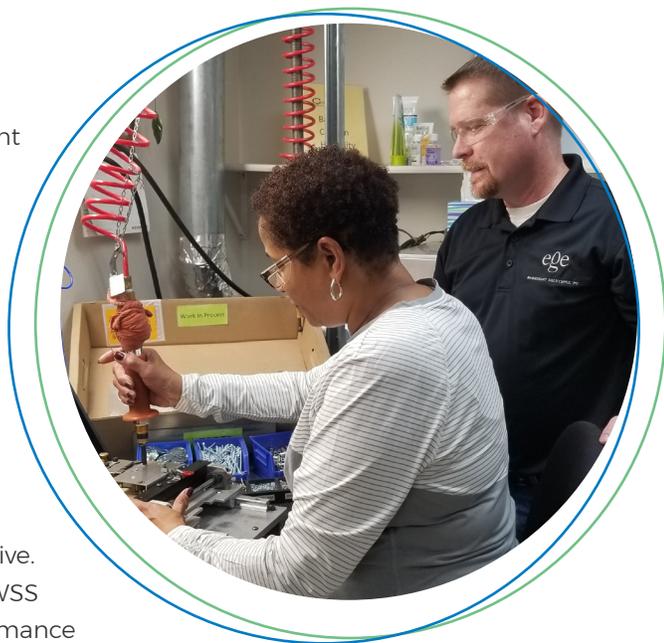
Results

EWSS enabled Crandall Stats & Sensors' management team to help their workers live a pain free life.

"The EI and SIO! programs showed our employees that we care about their well-being," explained Maddock. "Russ and Scott's many wins with treatment plans for various employees strengthened the programs and our team member engagement. They realized EWSS' commitment to keeping them safe both at work and in their personal lives."

Each program empowered the workers to be proactive. They willingly worked with management and the EWSS team to identify and pursue opportunities for performance improvements. The SIO! program added program structure and flexibility, and the Early Intervention program provided safety recommendations that reduced injury rates and facilitated communication for early reporting.

Once every three weeks, EWSS team member Russ, continues to conduct regular follow-ups with each employee experiencing discomfort. He provides individual assessments and develops a strategy of additional treatment solutions to reduce their pain.



Through the ergonomic training from EWSS, Crandall Stats & Sensors gained the tools required to identify tasks/processes with a possible negative effect and gained the ability to put cost effective solutions in place. Crandall Stats & Sensors also involved their design engineer and other team members to brainstorm new tooling and fixture designs that would assist with the assembly process while keeping employees safe from injuries. Additional adjustments were made to table heights and Crandall Stats & Sensors offered training on how to appropriately adjust chairs for maximum support and comfort.



Our main goal was for our workers to go home at the end of the day feeling just as good, if not better, than at the start of their day!

- Crandall Stats & Sensors



Overall, the EWSS SIO!, EI, and Ergonomics training programs saved **Crandall Stats & Sensors, Inc.**

\$200,000 - 250,000

in Worker Compensation Costs

"When you start talking about carpal tunnel or trigger finger, the medical bills rack up quickly. Thank goodness we haven't had any of that," said Gayla Maddock.

Ege WorkSmart Solutions provides a wide variety of work injury management, prevention, and wellness services. These services are offered as business tools to employers which are designed to effectively reduce injury-related costs and improve the overall wellness of the worker.