

The slide features several decorative geometric elements: a blue circle in the top left, a green triangle in the top center, a yellow dashed vertical line on the left, a large orange semi-circle in the middle left, a blue circle in the middle right, a green square in the bottom left, and a large orange circle with yellow dashed lines above it in the bottom center.

Pre / Post Envision Analysis for CCC – Final Results

A Proactive Approach

Near-miss identified:

- Early feedback from training reported that new Envision system required more mouse clicks - raising the potential for injury.



COLLECT DATA FOR ACCURATE
UNDERSTANDING OF RISK
INSTALLED RSIGUARD ON 100+ COMPUTERS



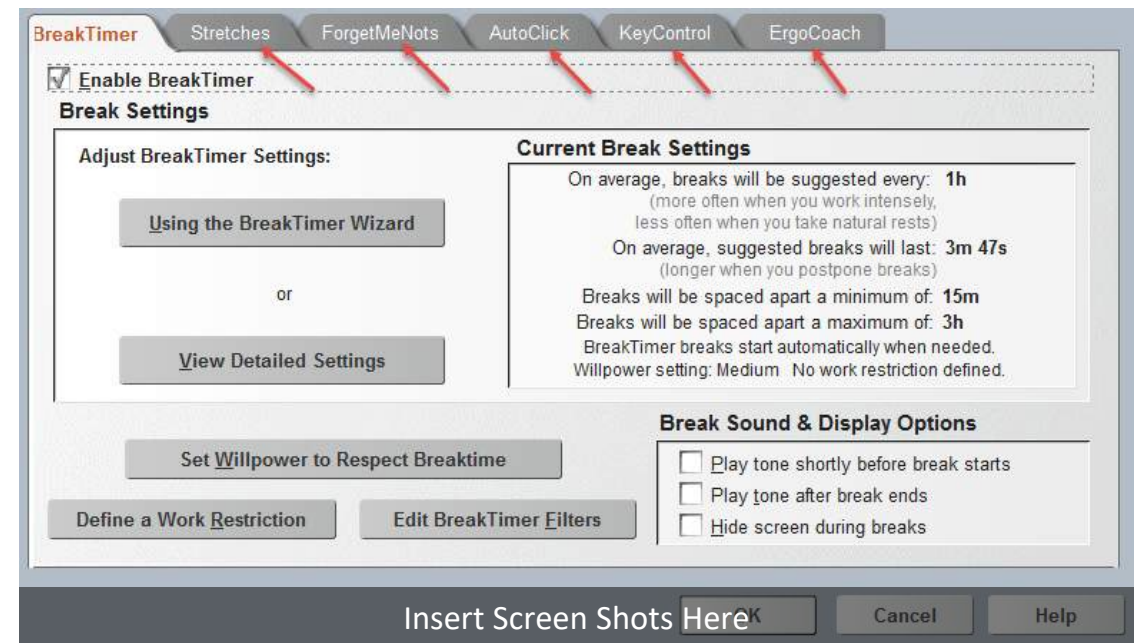
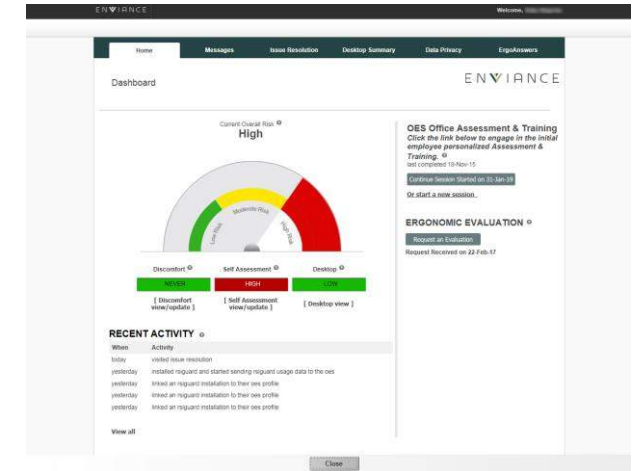
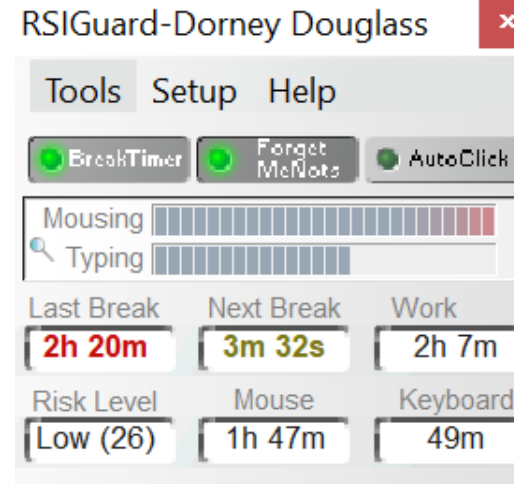
IMPLEMENT ALTERNATE MOUSE PROGRAM
TO CHANGE HAND AND WRIST POSTURES



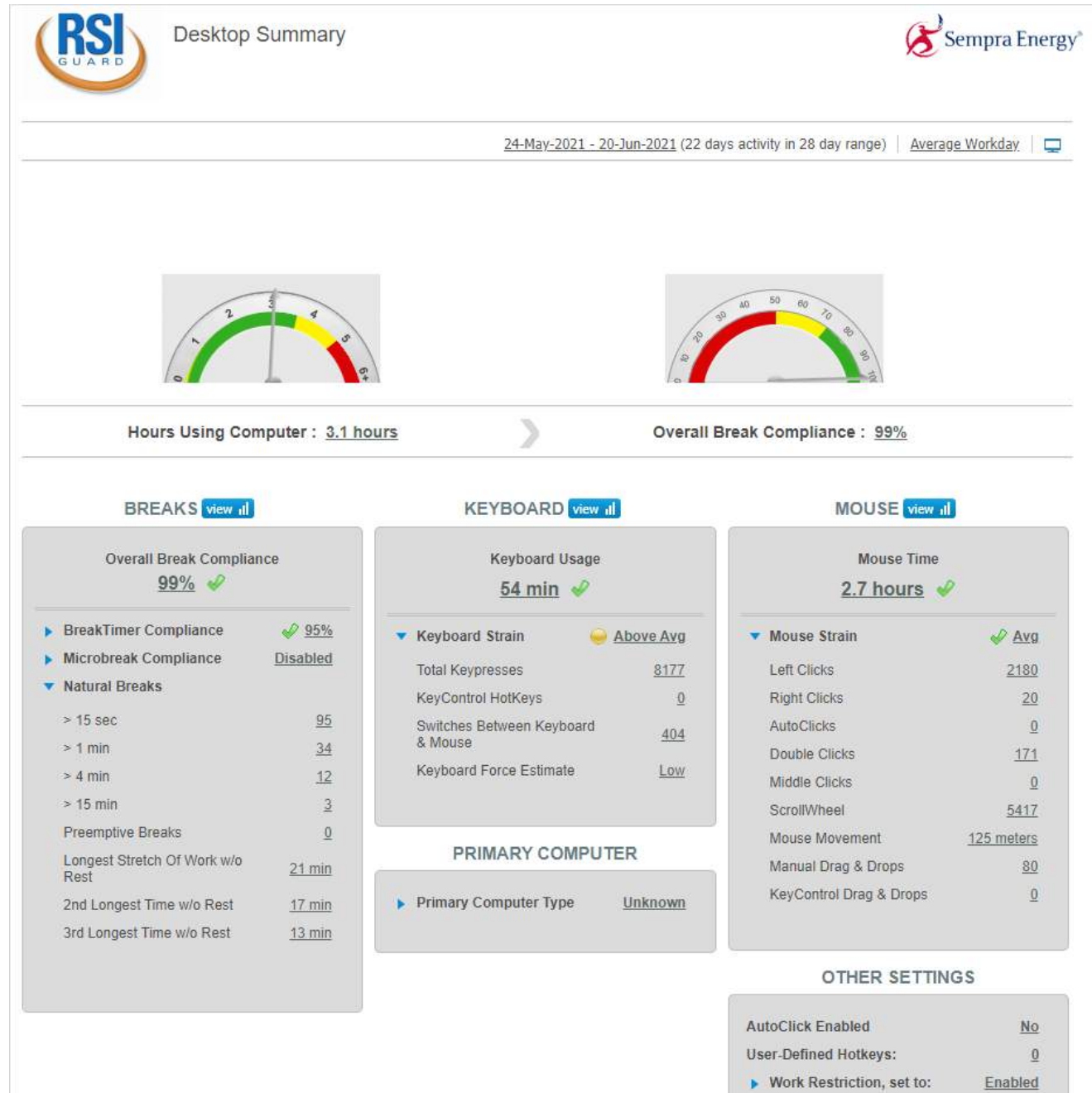
PROVIDE SUPPORT FOR ADDITIONAL MICRO
BREAKS

RSIGuard = Computer Use Risk Awareness

- Features include:
 - Stretch Breaks
 - Forget Me Nots
 - Auto Click, Key Control
 - ErgoCoach
- Captures actual computer, mouse, keyboard use and breaks
- Personal Dashboard
- Work Restrictions Management
- Quick Access to Self-Assessments, Training, and Discomfort Reporting



RSI Guard



Break Timer -
Leadership added
two additional 3-
minute breaks (one
in am - one in pm)

Break provided at your request

Break Time

Time left in break **1:45**

Reach for the Sky, Sitting
Sit with a straight back with both hands in lap. Lift one arm out to the side, then reach up and over your head. Spread fingers. Lower arm and repeat on other side.

☐ Speak volume


Mousing

☐ Typing

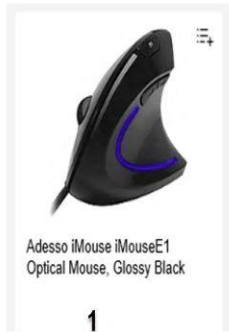
Stop Stretches **Next Stretch**

You can postpone break up to 18 more minutes

Adjust Break Schedule **Postpone: 10min** **Postpone: 2min** **Skip Break**



Vertical Mice



1

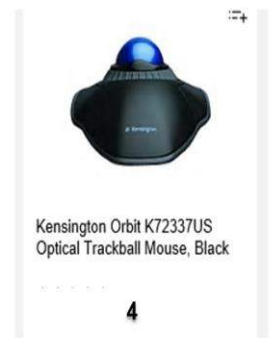


2



3

Alternate Mouse Choices



4



5



6

****Not recommended for smaller hands**

Trackballs

Conventional Mice

- Tend to result in the wrist making contact with the work surface causing it to bend upward (wrist extension) with pressure over carpal tunnel.
- Wrist extension creates static muscle tension, reducing blood flow.
- Forces user to twist their hand palm-down and parallel to the work surface into forearm pronation resulting in static load on pronator muscle group.



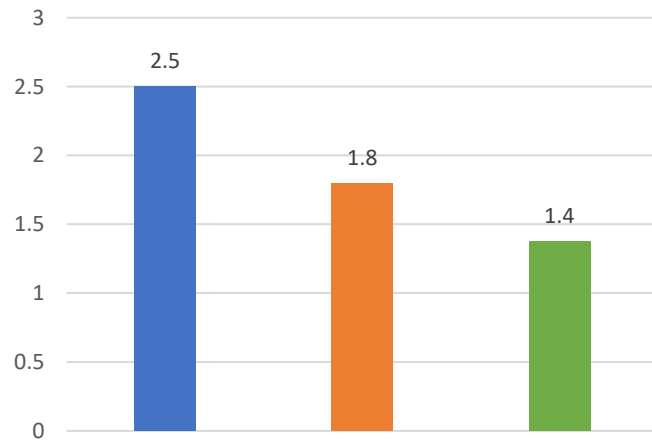
Benefits of Vertical Mice

- Allows for a “handshake” or neutral forearm position.
- Removes pressure from the carpal tunnel area of wrist.
- Encourages activation of larger muscle groups in entire arm.

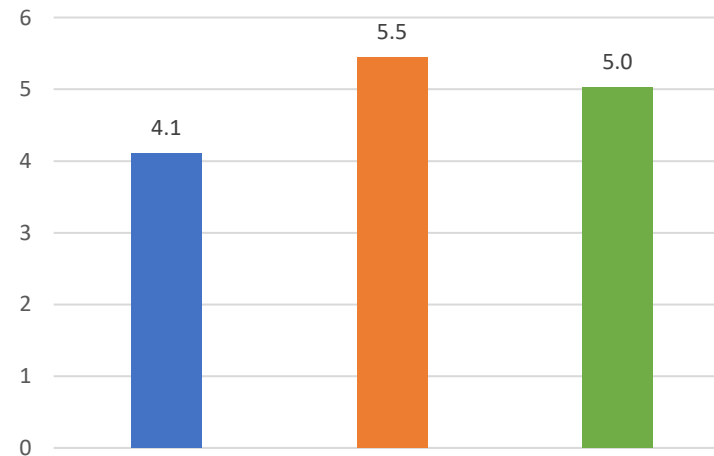


Comparison of Pre, 30- & 120-Days Post Envision Usage

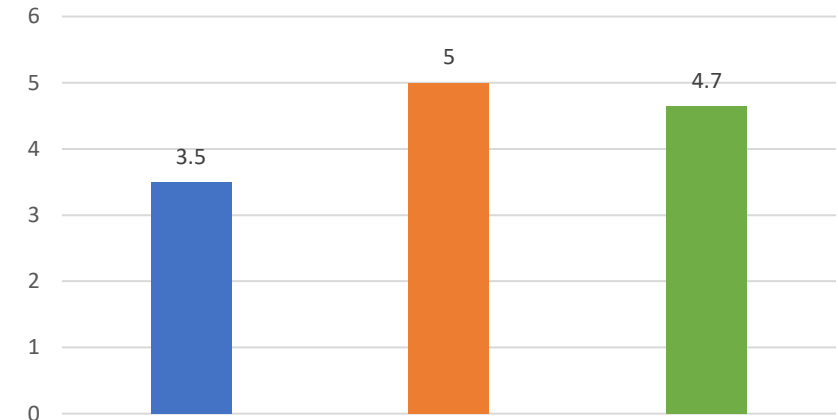
Average Keyboard Time (Hrs)



Average Computer Time (Hrs)



Average Mouse Time (Hrs)

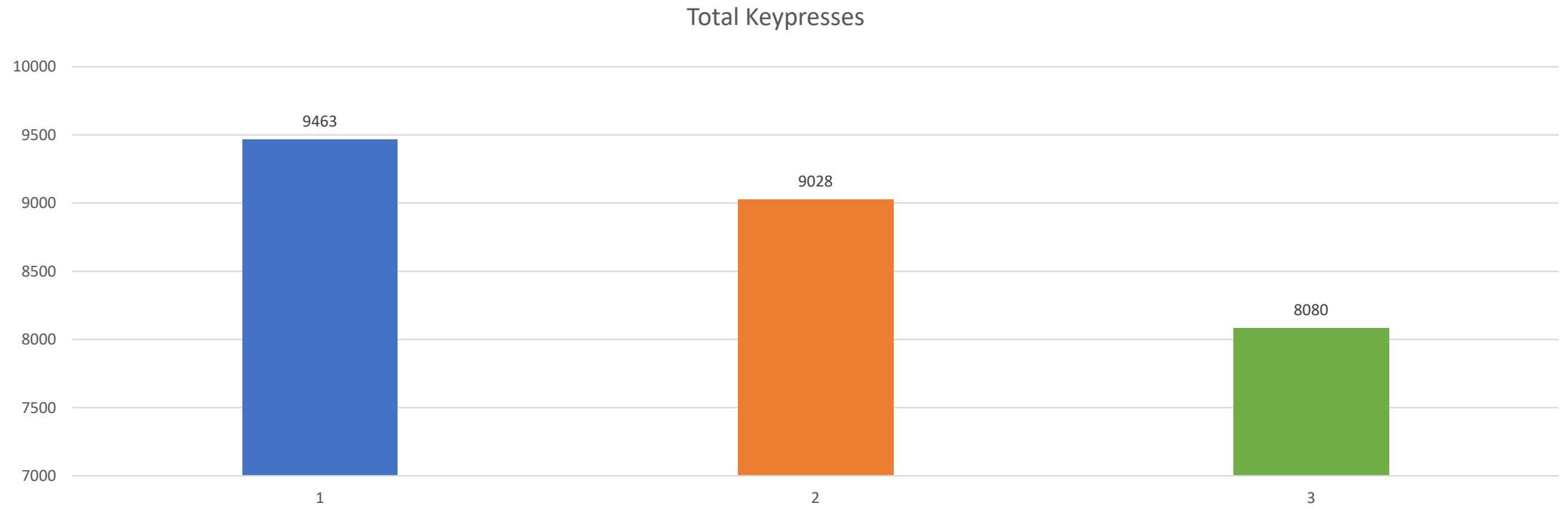


LEGEND

Blue = Pre-Envision
Orange = 30 Days Post
Green = 120 Days Post

- Initially keyboard time reduced by approximately an hour per day and computer time and mouse time increased by approximately 2 hours per day.
- This confirmed the prediction that the new system requires more mousing

Total Keypresses



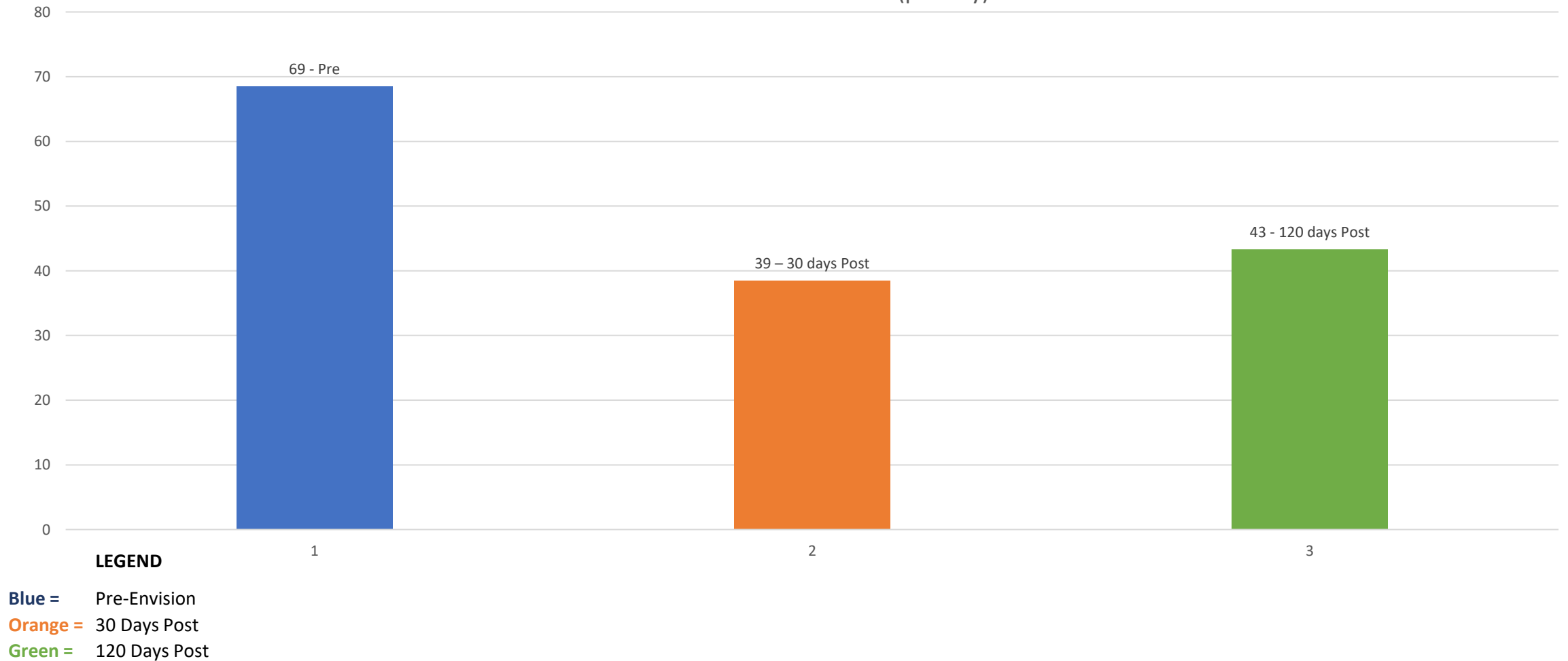
LEGEND

Blue = Pre-Envision
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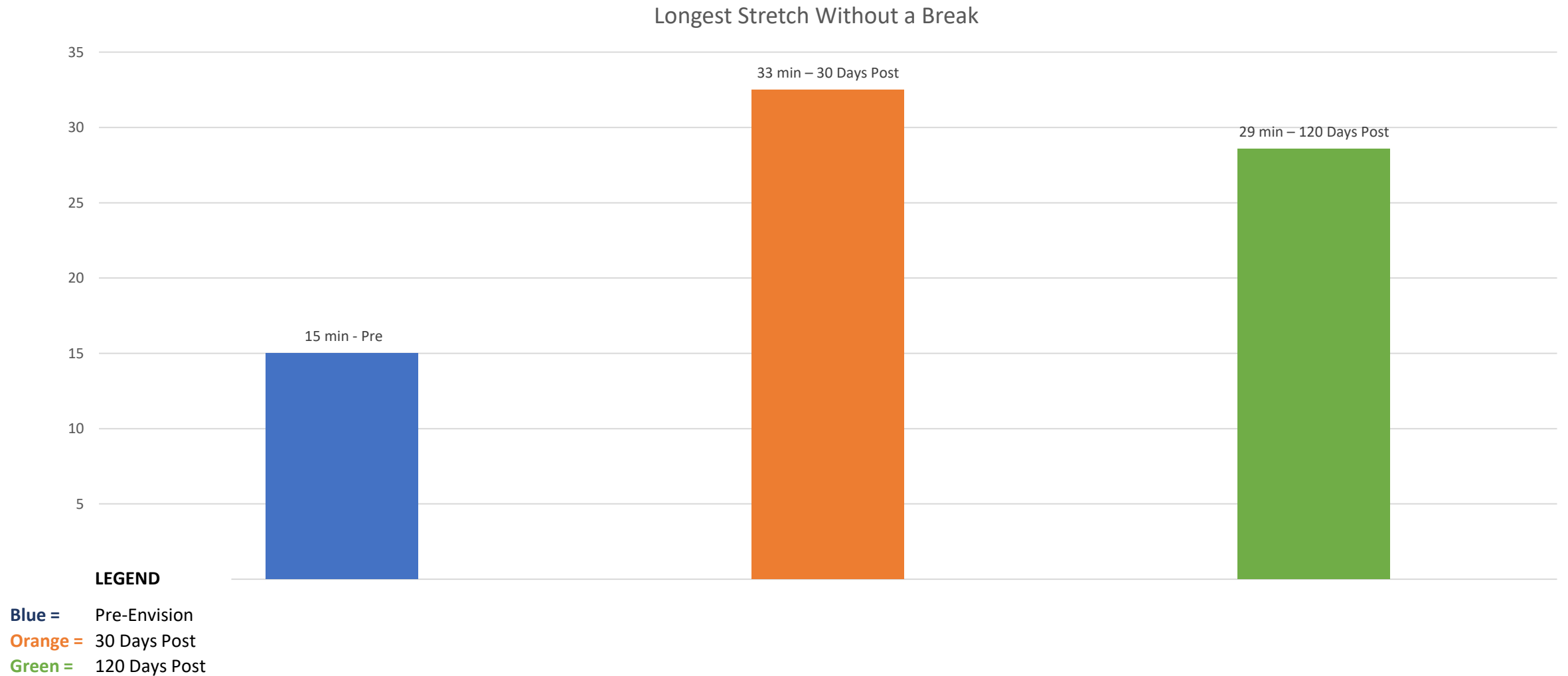
Keypresses decreased by 85%

Natural Breaks

Natural Breaks >1 Minute (per day)

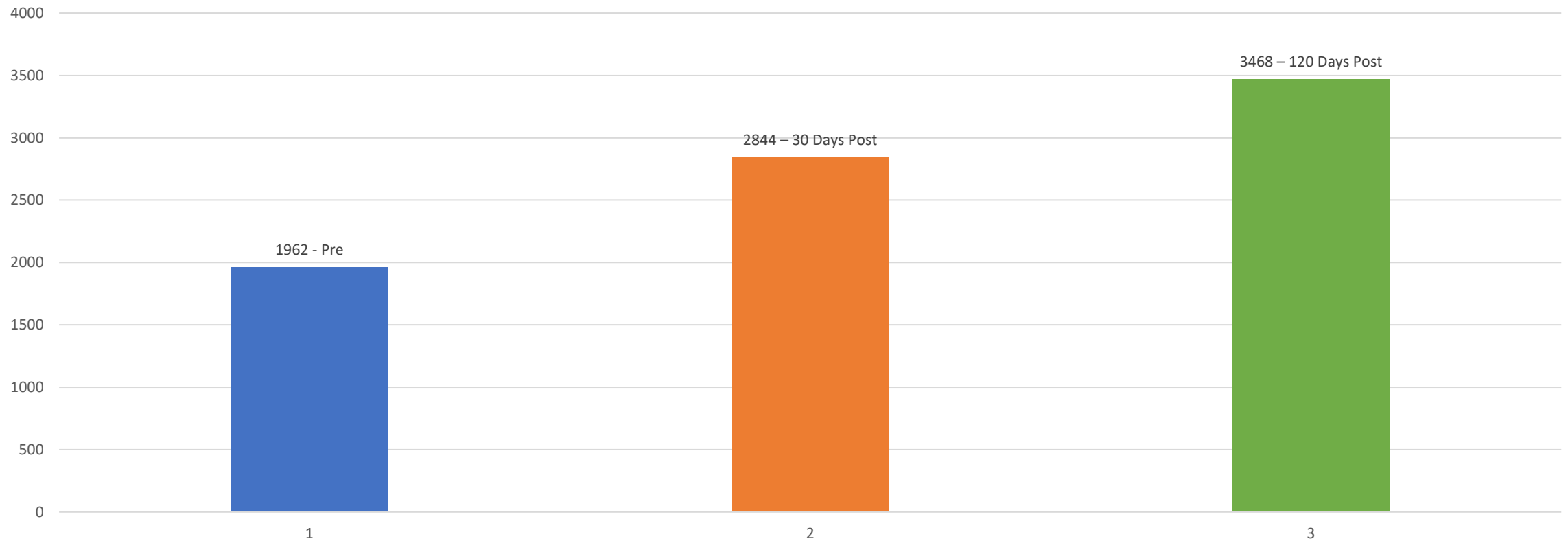


Time Without Natural Breaks



Mouse Clicks Increased

Left Clicks



LEGEND

Blue = Pre-Envision
Orange = 30 Days Post
Green = 120 Days Post

Average Left Click Increased by 77%

Next Steps

Investigate ways to reduce mouse clicks

- Work with management and Envision team to determine ways to reduce mouse clicks, i.e., hot keys

Deeper dive into mouse program

- Educate and promote alternative mice and switching hands

Review and Renew mini break and stretching program – emphasis on looking away from screens to reduce forward head and neck posture

- Develop “Let It Go-Look Away” Strategy

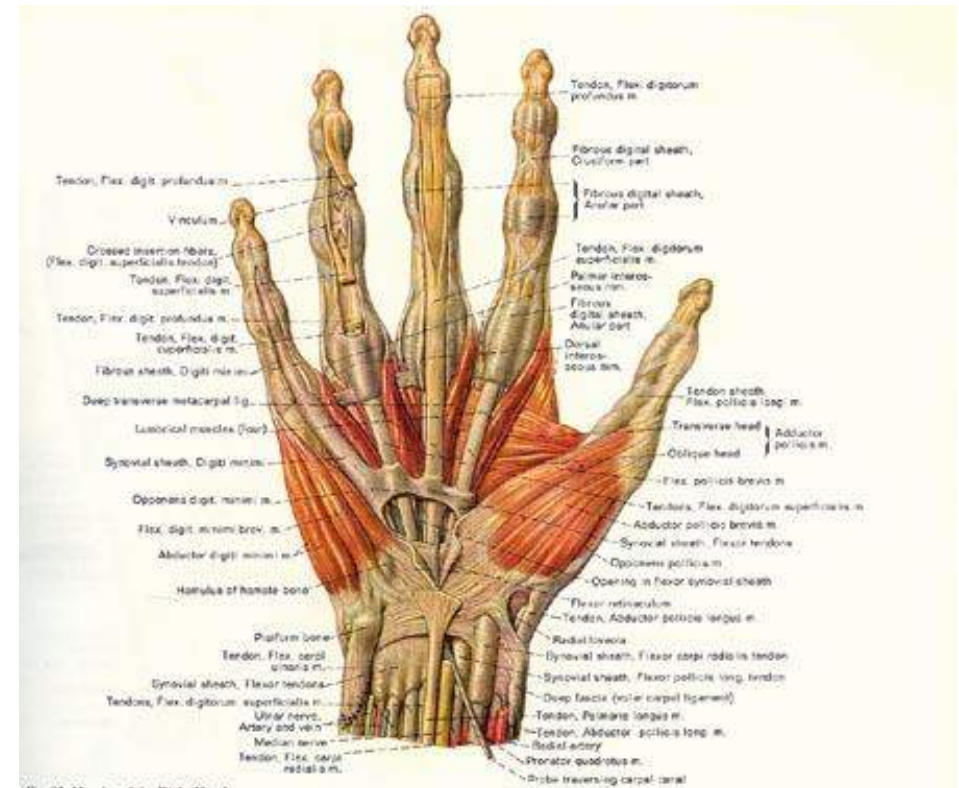
Take program across company



Make friends with your
Mouse

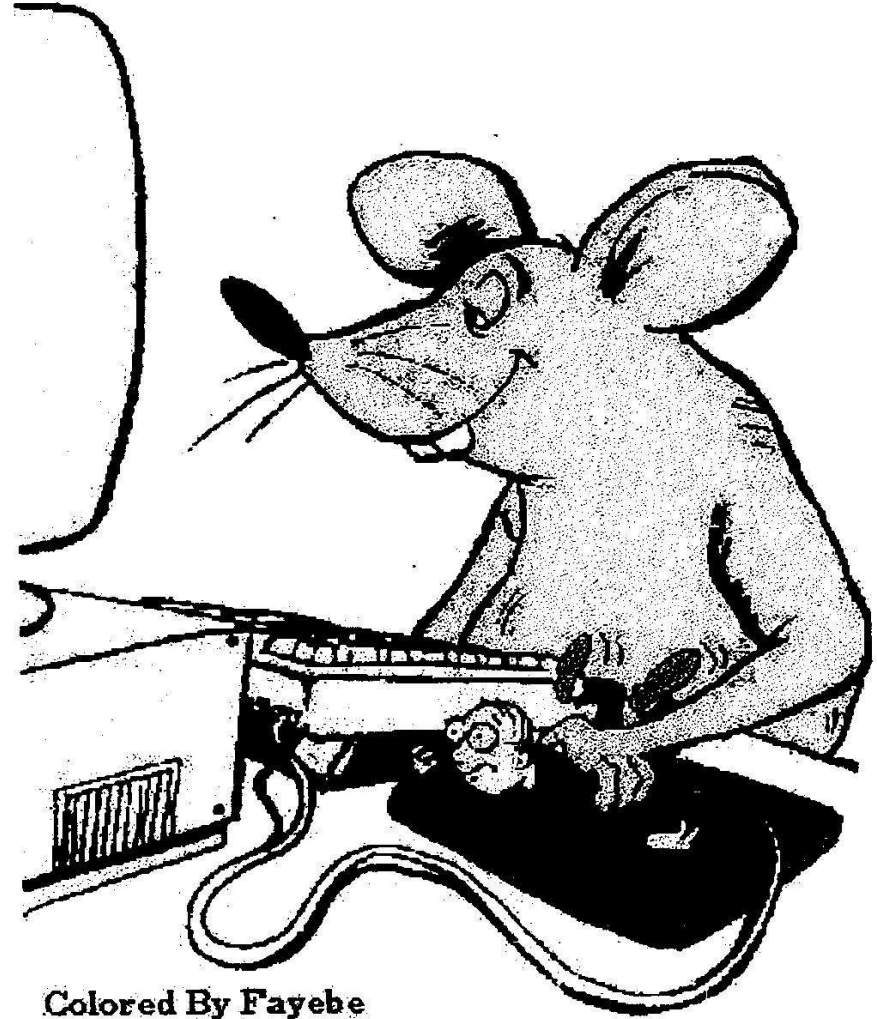
Did you know...

- Over 30 muscles and 30 bones in the hand work together to coordinate complex motions.



Mouse Basics

- Don't grip!
- Make sure it fits.
- Release it when not using it.



One size does not fit all!



Mouse too small



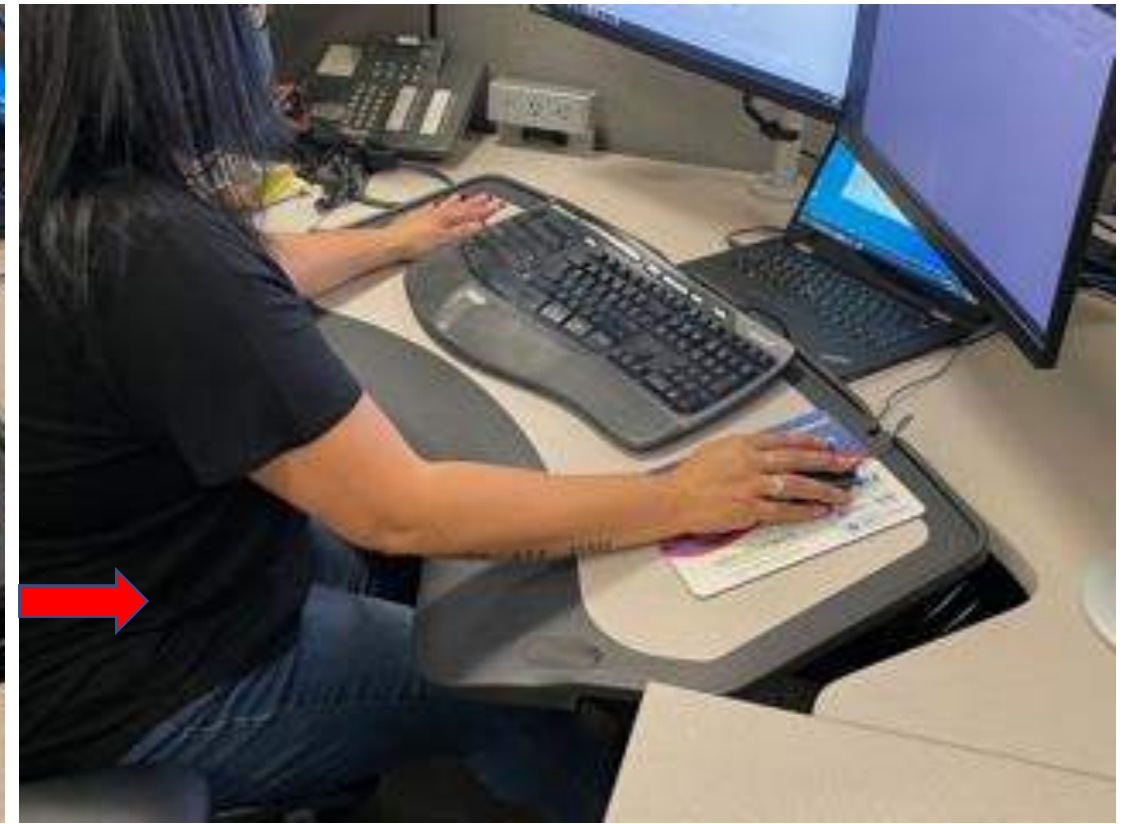
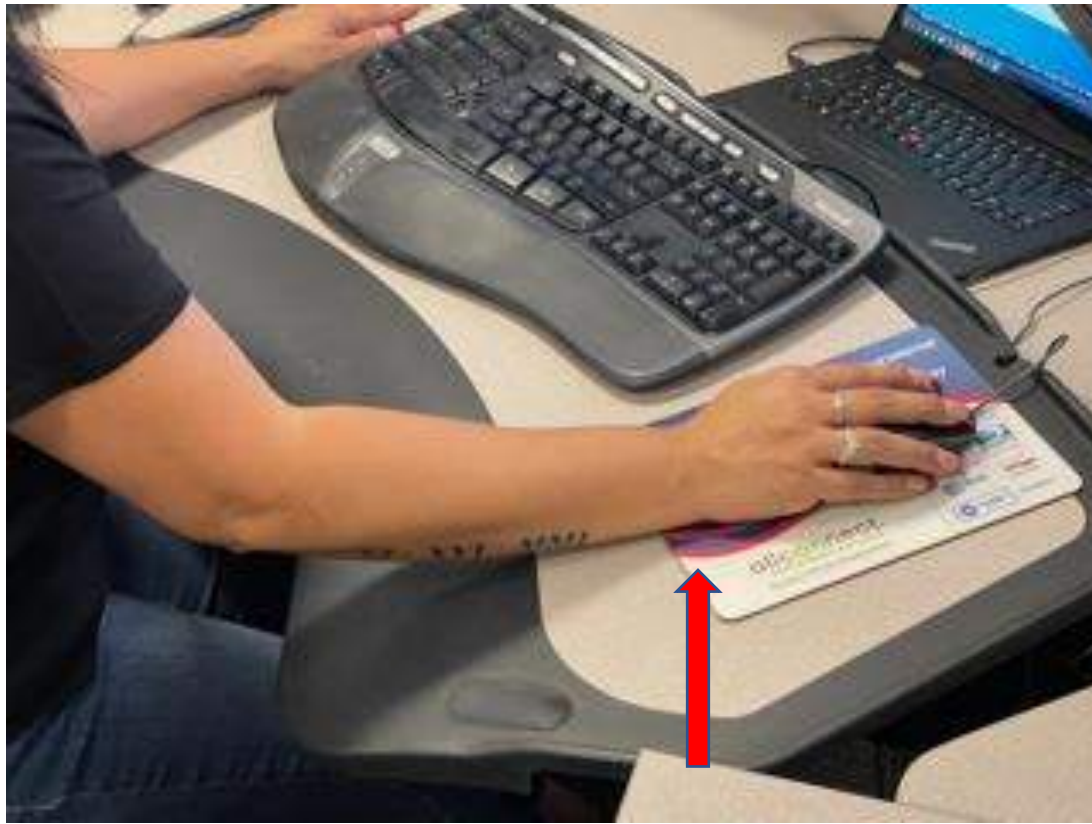
Mouse too large

Let it Go – Look
Away



Recline





Slump – “Kickstand” Arm

What Drives Posture?

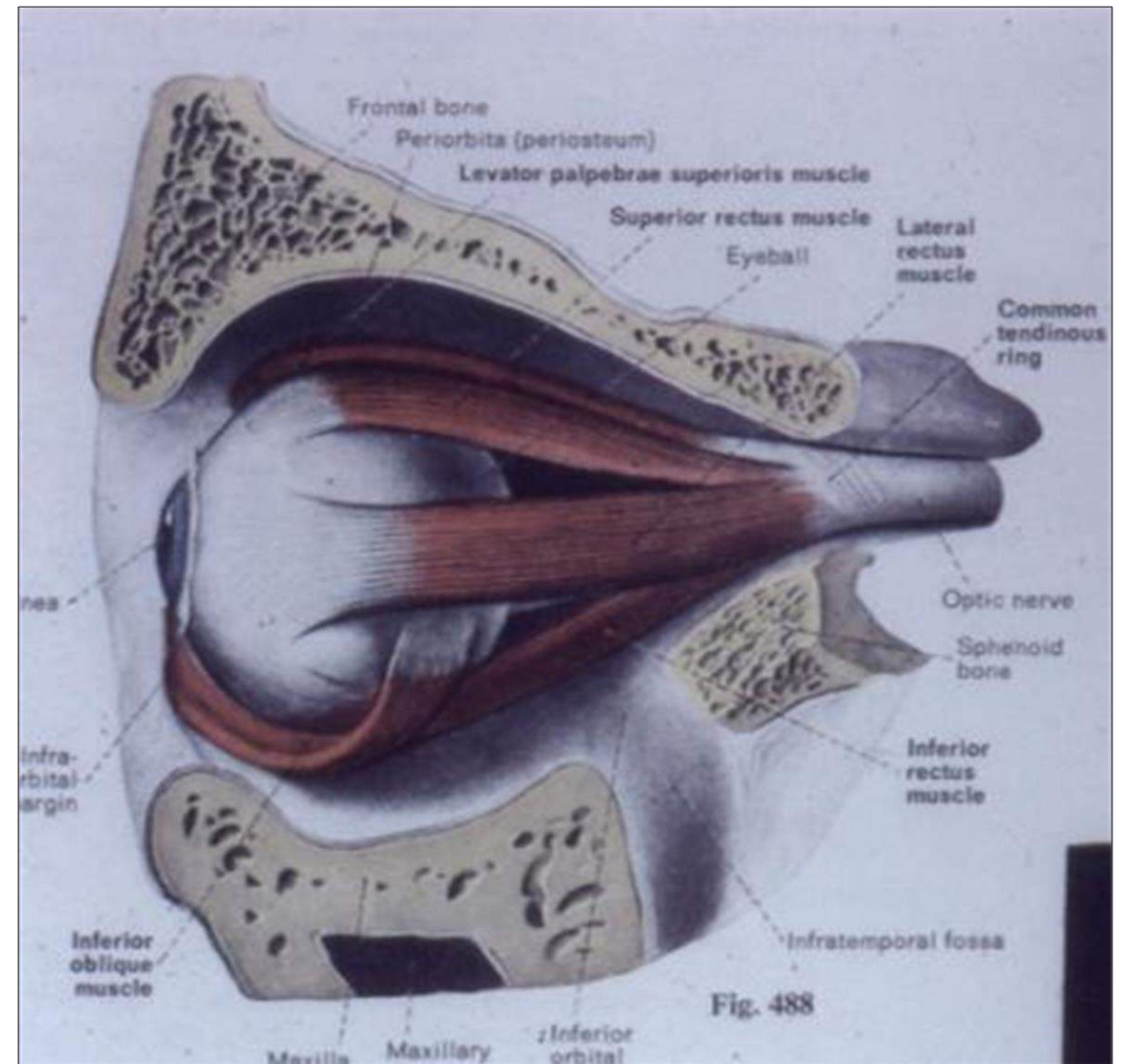
- Our eyes!
- It's more difficult to view a fuzzy pixel than print.



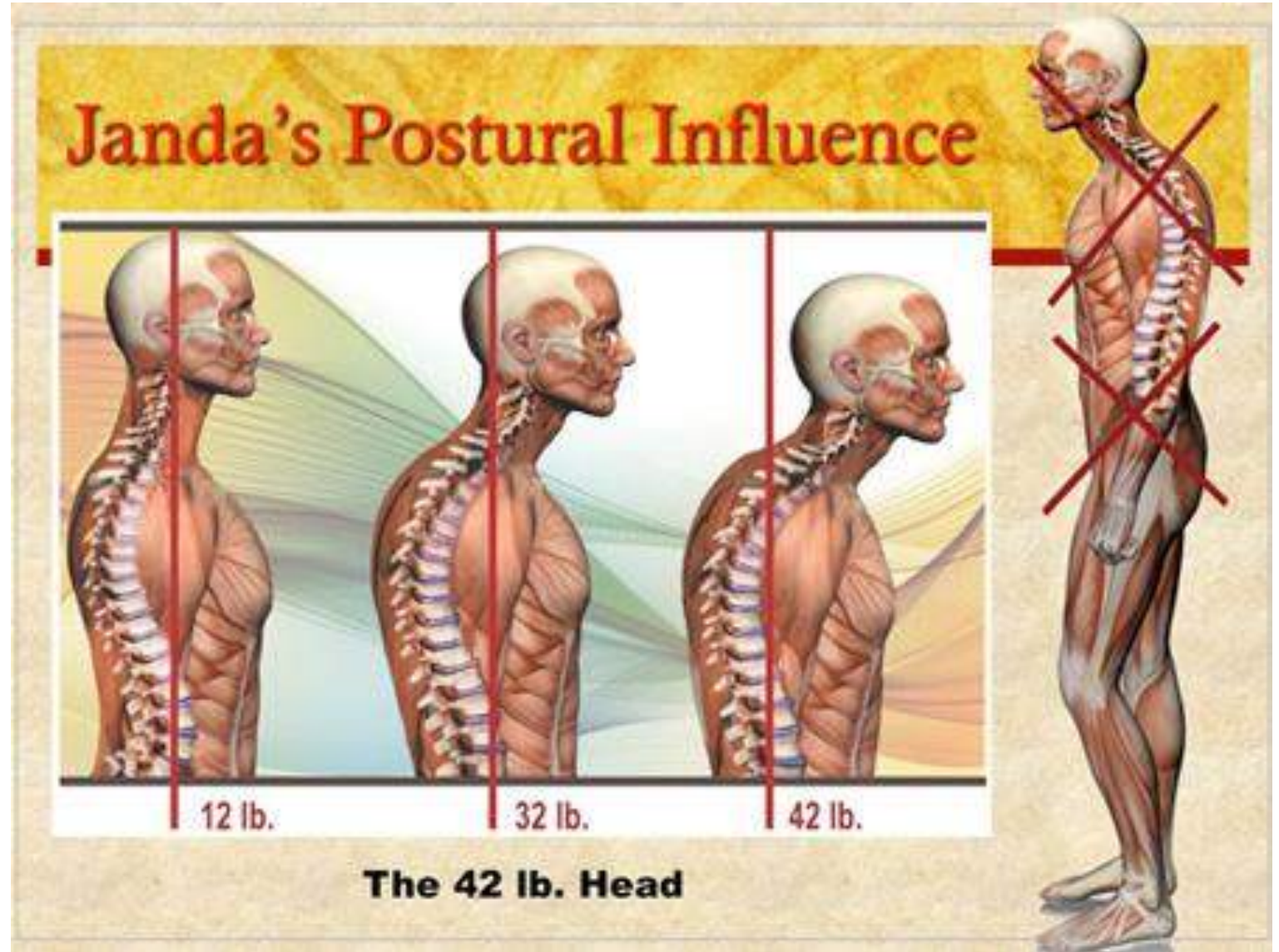
“You should have come in sooner.”

Our posture is dictated by our need to see...

- Making our eyes our most used sensory organ...
- And our eye muscles our most used muscles...
- *Every day your eyes take a 50-mile hike*



And...our
neck and
posture is at
the mercy of
our eyes



Director Action Items

Encourage

Encourage the purchase of a second mouse, either vertical or track ball, coordinated with the return-to-work effort.

Install

Install RSI Guard

Challenge

Challenge employees to mouse with non-dominate hand

Promote

Promote stretch breaks; one morning and one afternoon. Take advantage of the Desktop Yoga videos provided by Wellness.

Questions?

