

Leveraging Technology to Deliver Better Results
A Case Study from

PARSONS

Nate Williams, CET

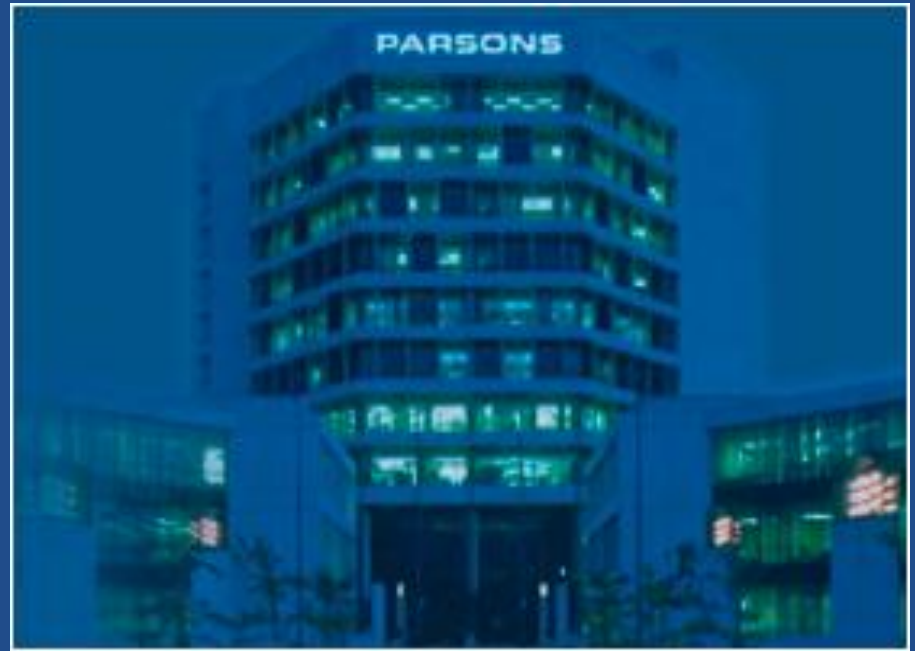
SHE Manager

Parsons

Pasadena, CA

Who is Parsons?

- 12k employees world wide
- Started in the 50's
- Employee owned



Parsons U.S. Office Locations



Parsons International Office Locations and Operations



What Does Parsons Do?

- Global Business Unit structure
- Diverse Markets
- Projects of Interest



Role of S, H, & E at Parsons

- Pre 2003
- 2003-Current
- Safety Culture
- Worker's Compensation
- Ergo Component

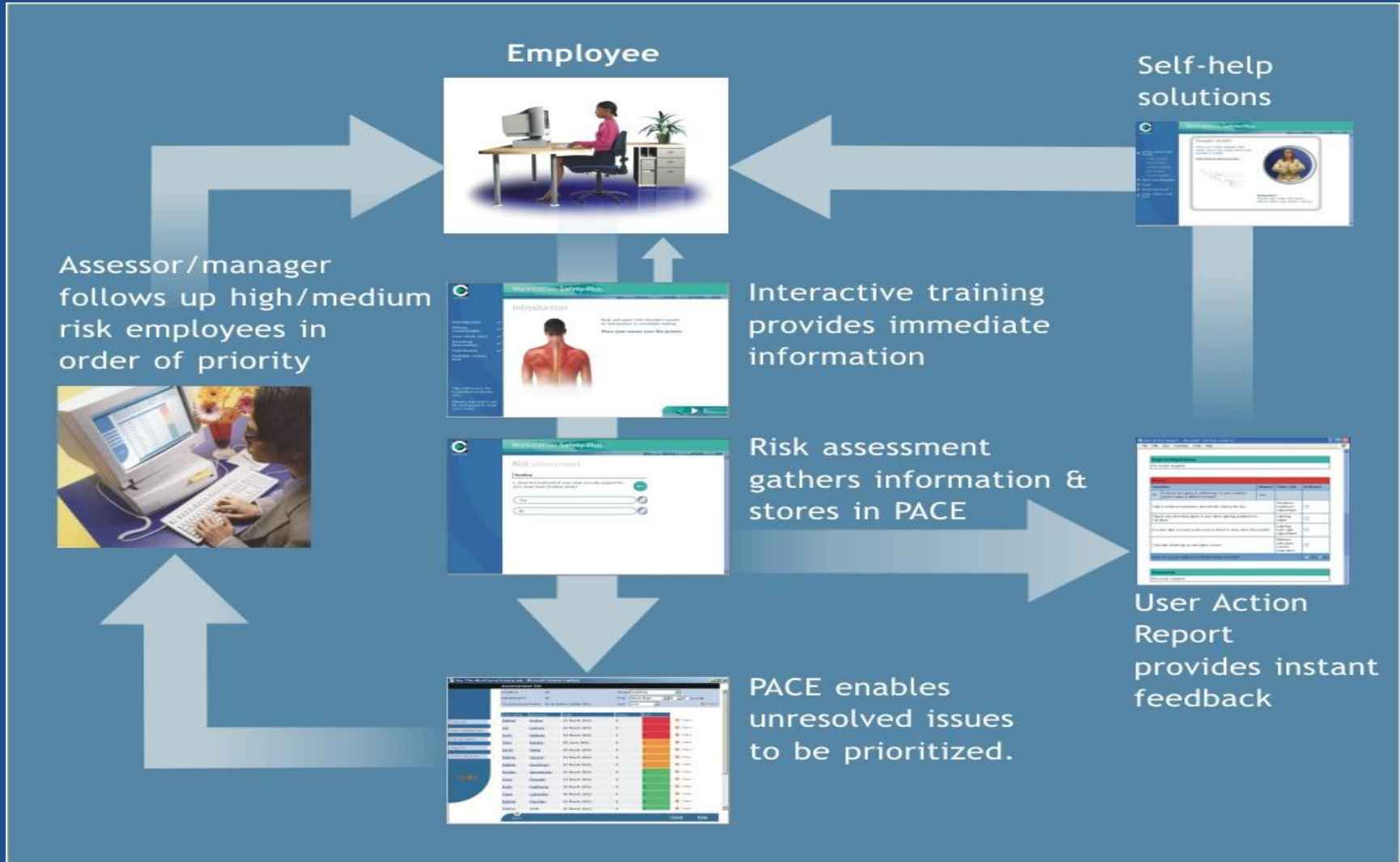


Challenges of Ergo at Parsons



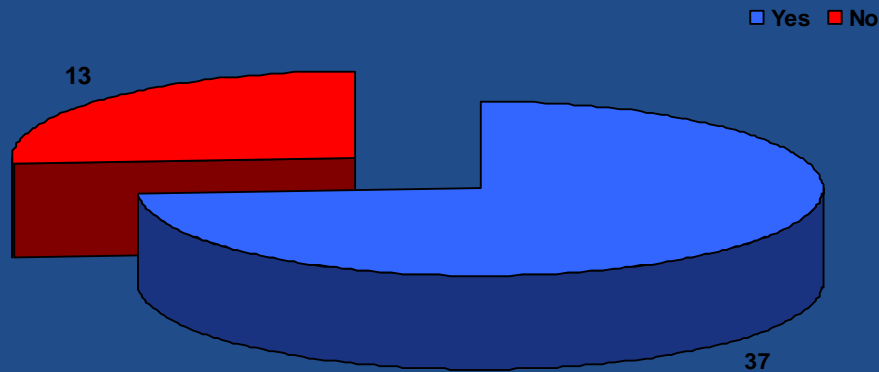
- Multiple Sites Nationwide
- Unilateral Program Need
- Multiple Organizations Responsible

Pilot of Technology

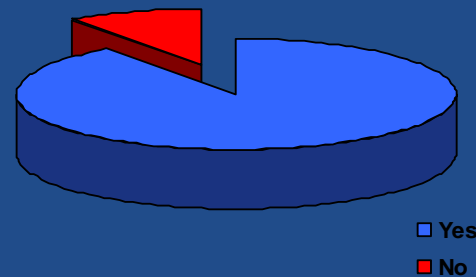


Analyzing the Results of the Pilot

74% of your evaluators report previous experience of discomfort while at work



90% completed the course in one sitting during your trial.



Starting the Initiative from the Top

Online Safety & Ergonomics Solutions



Please watch this very important video message from Jim McNulty, Parsons President and CEO.

Upon completion, click on the link below to begin:

[Workstation Safety Plus](#)

Engaging the Worker – Protecting an Investment



Roll-out Strategy

- **Plan** – Project Management and Training
- **Do** – Identify Risk, Configure Communication Strategy, Assign Responsibility
- **Check** – Analyze Risk Data, Identify Opportunities
- **Act** – Address Risk, Provide Support, Maintain Awareness



Ongoing Support and Communication

PARSONS

Your health: Rick Spencer

Dear Rick,

Did you know?

The weight of your head on your neck is 8 lbs/ 4 Kilos - equivalent to 4 bags of sugar. Imagine the pressure on your vertebrae from constantly looking downwards at your computer screen or craning forwards over several years. The wear and tear on your muscles, ligaments and bony structures in your neck could lead to chronic neck or back pain.

To stay safe and comfortable, please [click here](#) to check and update your workstation User Action Report. You have one or more issues that could lead to health problems if left unresolved.

Thank you for your attention.

[Sign off]



Why did you receive this email?

When you completed your Workstation Safety Plus risk assessment you answered negatively to one of these questions:

Q5: Can the monitor height be set so that the top (or top third) of the viewing area is roughly level with your eyes?

Q9: Is the text on the screen clear and legible?

Q54: If you use a notebook computer, do you use a notebook riser or separate screen?

Remember to [click here](#) to check and update your workstation User Action Report.

www.cardinus.com info@cardinus.com UK tel: +44 (0) 1342 301639 US tel: (323) 337-9016

PARSONS

Your health: Rick Spencer

Dear Rick,

Did you know?

If your seat is not adjustable (or you don't know how to adjust it), your elbows could be either too high or too low for your keyboard and mouse. This may lead to:

a) Bent wrists. This can contribute to a risk of inflamed/swollen tendons leading to pain every time you turn your wrist or grasp anything.

b) Your wrists resting on the desk. This could compress the median nerve resulting in tingling, numbness or pain.

To stay safe and comfortable, please [click here](#) to check and update your workstation User Action Report. You have one or more issues that could lead to health problems if left unresolved.

Thank you for your attention.

[Sign off]



Why did you receive this email?

When you completed your Workstation Safety Plus risk assessment you answered negatively to this question:

Q28: Is the seat height adjustable such that you can achieve a position with your forearms roughly horizontal?

Remember to [click here](#) to check and update your workstation User Action Report.

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Building the Business Case

Question	Q#	Answer	Risk	Number Of Issues	Total Risk
How often do you experience stress or tension while at work?	40	Occasionally	4	401	1604
If you use a telephone extensively do you use a headset?	43	No	6	252	1512
How often do you experience headaches while using your computer?	35	Occasionally	5	271	1355
While using your computer, how often do you experience backache?	37	Occasionally	5	267	1335
How often do you experience neck aches or pain while working at your computer?	38	Occasionally	5	262	1310
When using your computer, do your hands or wrists come into contact with any hard or sharp edges?	13	Yes	8	138	1104

Delivering Results

Domestic Ergonomic Claims

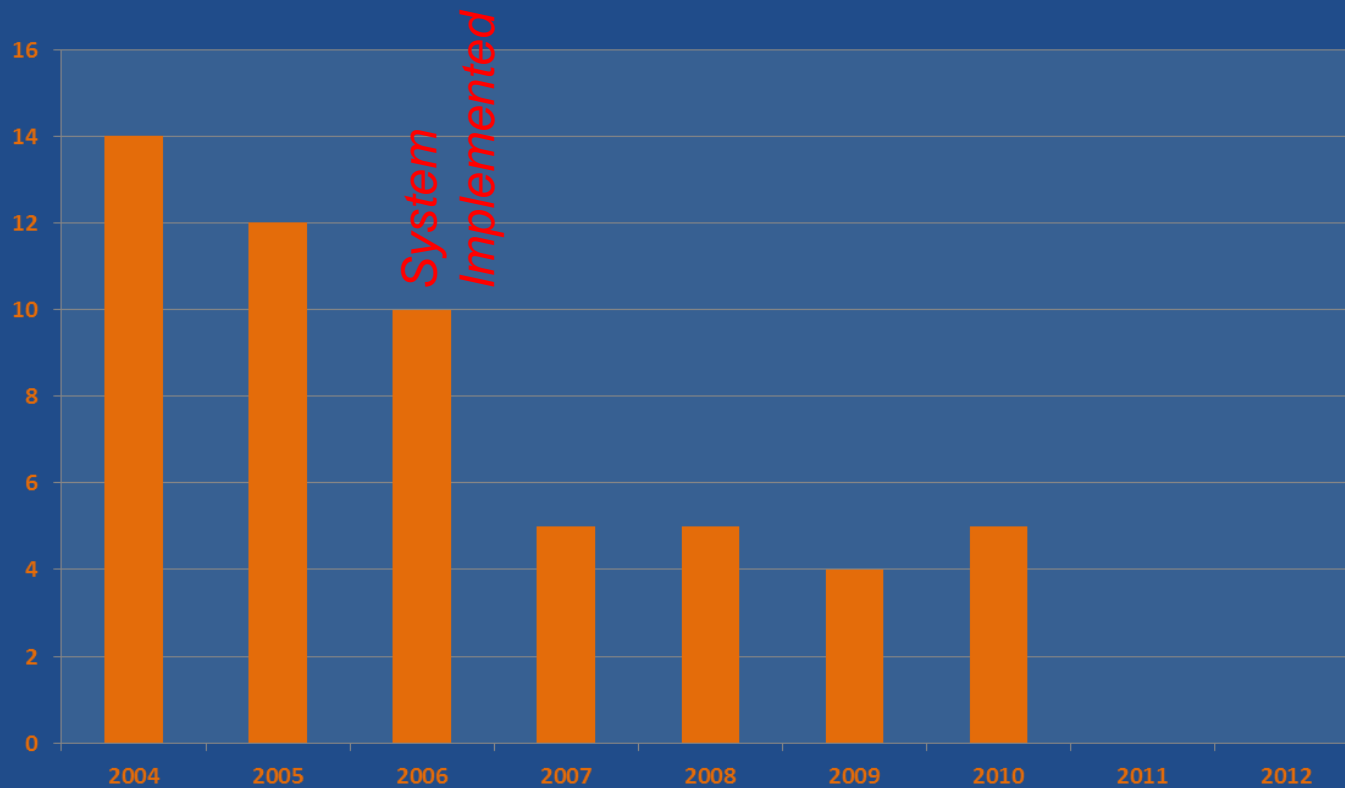
January 2004 through June 30, 2012

	Cost	# of claims	Cost/claim
2004	\$86,246.00	14	\$ 6,160.43
2005	\$67,354.00	12	\$ 5,612.83
2006	\$28,151.00	10	\$ 2,815.10
2007	\$ 6,343.00	5	\$ 1,268.60
2008	\$88,488.00	5	\$ 17,697.60
2009	\$ 1,163.00	4	\$ 290.75
2010	\$11,177.00	5	\$ 2,235.40
2011	\$ -	0	\$ -
2012	\$ -	0	\$ -

System Implemented 

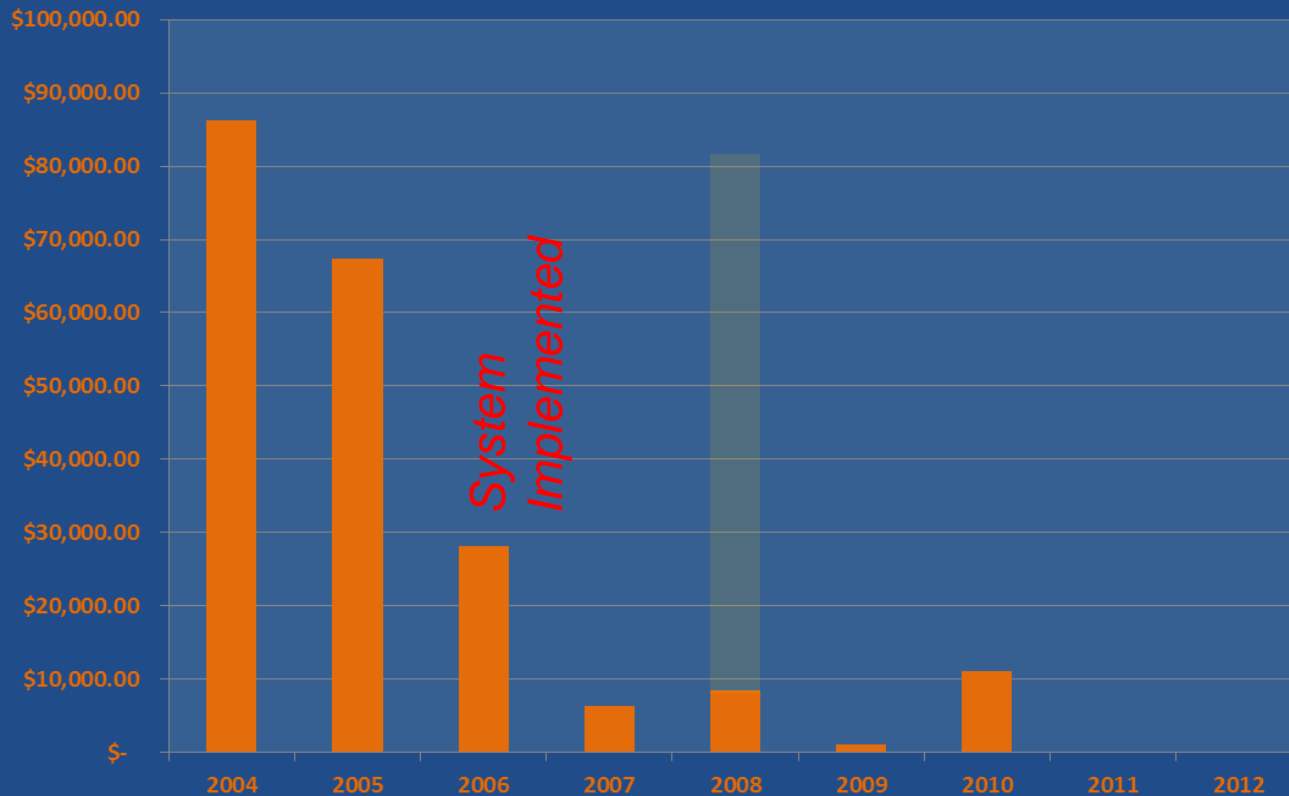
Delivering Results

Domestic Number of Ergonomic Claims Utilizing System
January 2004 through June 30, 2012



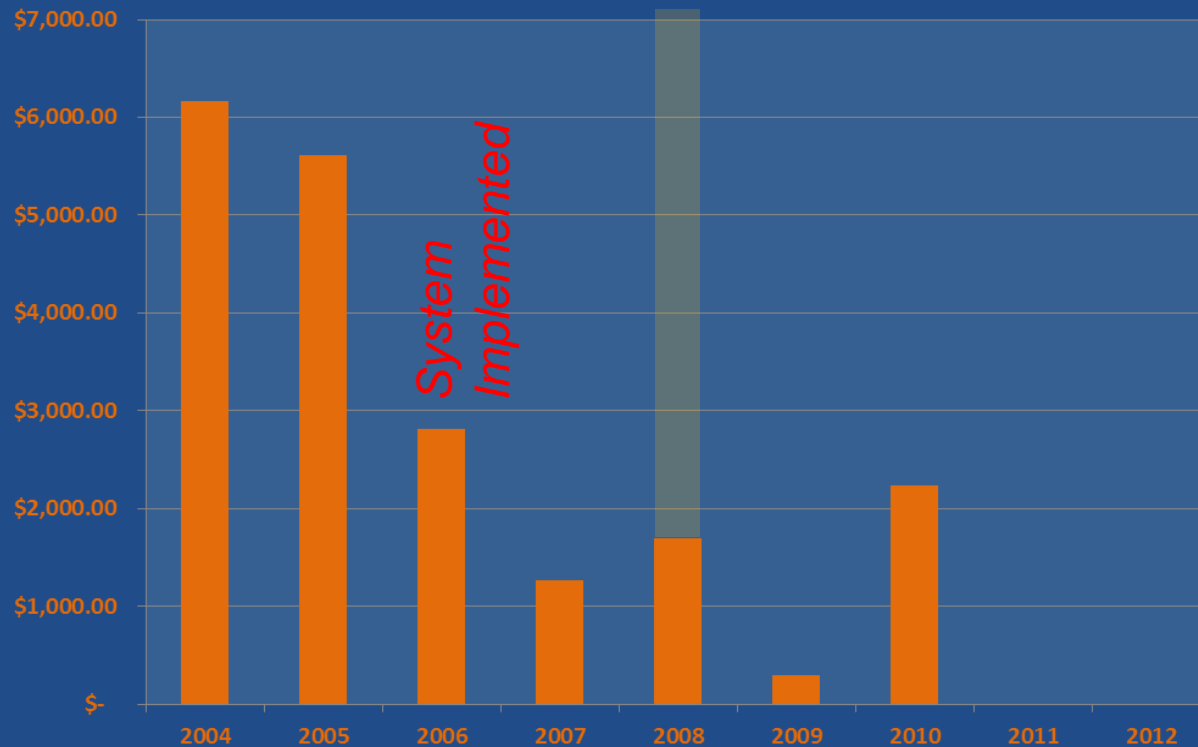
Delivering Results

Cost of Domestic Ergonomic Claims January 2004 through June 30, 2012



Delivering Results

Cost/Claim of Domestic Ergonomic Claims January 2004 through June 30, 2012



Moving Forward

- **Leading Indicators**
- **Rest Break Software for “High Risk” users**
- **Implementing Solutions for other risk factors (i.e. Stress)**

