- Number of recordable MSDs
- MSD incidence rate,
- Number of workers' compensation claims,
- Severity rate of MSDs,
- Annual medical cost for MSDs
- Average workers' compensation costs per MSD
- Number of job transfer requests per trade

The results of process evaluations can be used to change the goals of the process over time. As some goals are achieved, it may be appropriate to focus efforts on other goals that remain.

Implementing Solutions

The section on ergonomic solutions for vessels/installations describes changes to equipment, work practices, and procedures that can address ergonomics-related risk factors, help control costs, and reduce employee turnover. These changes may also increase employee productivity and efficiency because they eliminate unnecessary movements and reduce heavy manual work. Employers should use engineering controls, where feasible, as the preferred method of dealing with ergonomic issues on board vessels/installations. Engineering solutions should then be followed up with administrative controls, then lastly personal protective equipment. When dealing with ergonomic solutions, the use of personal protective equipment alone is not considered an acceptable form of ergonomic control.

SUMMARY

Proactive ergonomic initiatives taken by the maritime industry may result in a reduction in injuries and illnesses. Many maritime tasks are performed in awkward body postures, at nonadjustable workstations, on scaffolds, and in enclosed or confined spaces.

More remains to be learned about the relationship between workplace activities and the development of MSDs. This Module provide recommendations for vessels/installations to help reduce the number and severity of work-related musculoskeletal disorders, increase employer and employee awareness of ergonomic risk factors, eliminate unsafe work practices, alleviate muscle fatigue, and increase productivity.

The general information in this Module is intended to provide maritime employers and employees with general solutions and a useful reference when determining the need for ergonomic assistance for specific jobs on board.

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