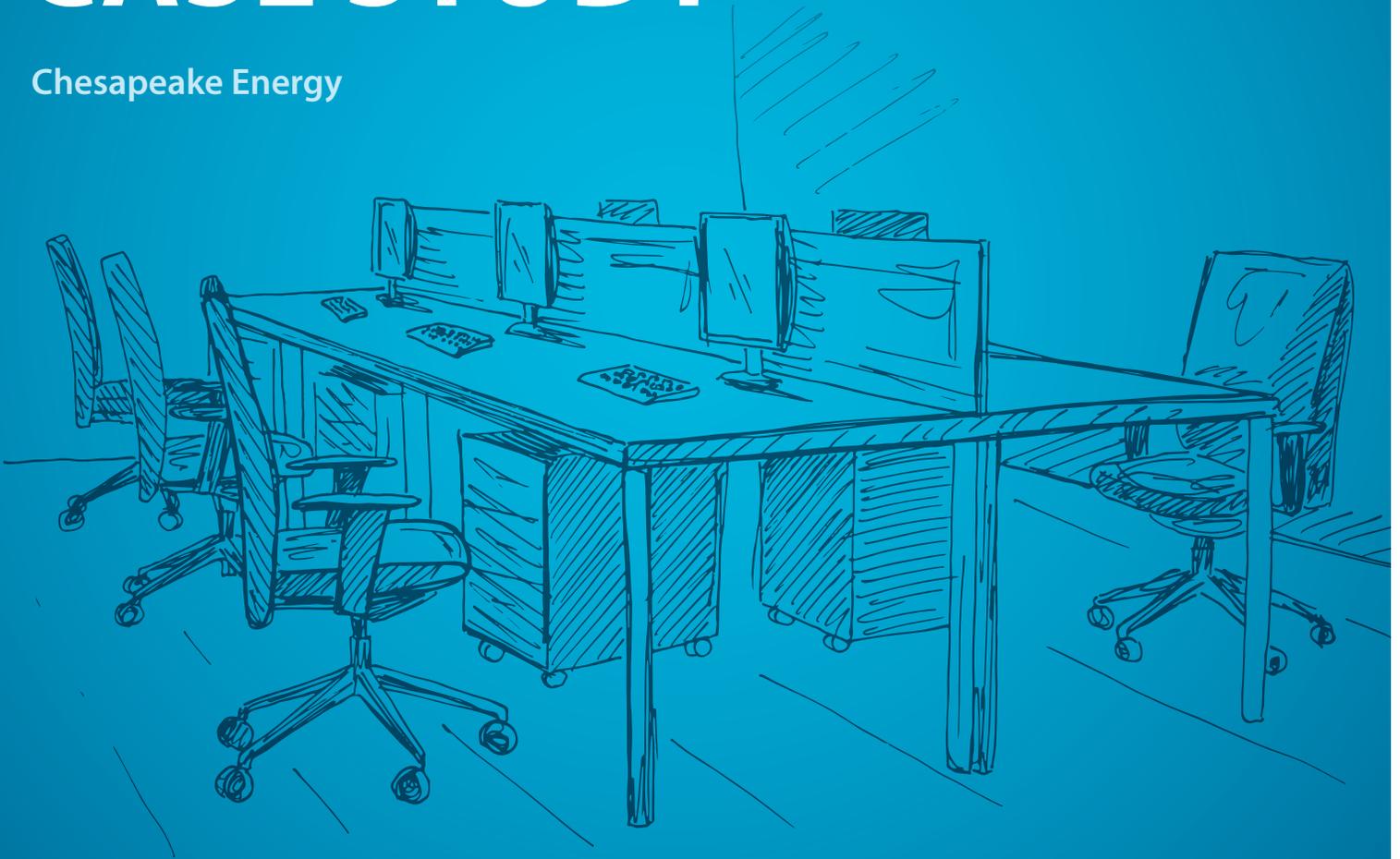


# OFFICE ERGONOMICS CASE STUDY

Chesapeake Energy



## Helping Chesapeake Energy drill down and provide ergonomics assistance to employees across the country.

Learn how web based ergonomics training self-assessment solutions from *VelocityEHS* helped Chesapeake Energy and its lone ergonomics specialist effectively reach out and provide advanced ergonomics services to nearly 11,000 employees spread over 17 states.

*“We’ve had really great results with Ergonomics by VelocityEHS. It’s helped me respond to all the ergonomics requests, and has also given me time to focus on other projects.”*

ANGELA SCHMIDT | Ergonomics Specialist

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### **Challenges**

- Large workforce – 11,000+ employees
- Small staff – one person providing ergonomics services
- Distributed locations spread across 17 states
- Lots of travel required for ergonomic consultations

### **Solution Requirements**

- Must scale to serve entire enterprise
- Must be web-based allowing anywhere, anytime access
- Must include self-corrective advice so employees can make improvements on the spot
- Must provide a platform and method to help staff reach out and provide remote assistance without traveling

### **Results with Ergonomics by VelocityEHS**

- Participation in program has tripled
- In 2012 served 330 employees at 22 sites, in 2013 served 1000 participants at 91 locations (yr-1)
- In past, with manual service delivery, only able to reach about 25% of locations (22 sites) in a given year.
- Now serving all employees at all locations (91 sites)
- Travel time reduced by 75%
- 17 out-of-town trips required in 2012,
- 4 out-of-town trips in 2013

Chesapeake Energy is a leading producer of natural gas and oil in the United States and is headquartered in Oklahoma City, OK. Chesapeake has been recognized as one of *Fortune* magazine's top 100 workplaces each year between 2008 and 2013. Chesapeake employs 11,000 people spread between their large corporate headquarters campus in Oklahoma City and field operations across 17 states.

Chesapeake provided their employees with comprehensive health wellness programs including; Ergonomics assistance, Fitness centers, Financial Wellness, on-site Health Center / Dental Clinic and Pharmacy, and several high-quality on-campus restaurants with healthy eating options. Employees were encouraged to participate in the health and wellness programs.

## Challenge

A single ergonomics specialist was charged with the task of providing ergonomics services to a large population (11,000 employees) spread across 91 sites in 17 states. The old method of traveling to meet with employees was inefficient, expensive, and very taxing for the ergonomics specialist.

## Solution

*VelocityEHS* provided Chesapeake Energy with an enterprise-wide ergonomics program that is entirely web-based, and offers their employees anytime, anywhere ergonomics assistance backed by expert consultation where required. With this new system, employees are guided through a simple 3-step process that includes interactive training, posture evaluation, and self-corrective advice that is automatically generated based on their unique ergonomic needs.

### Features & Benefits



- 1 Web-based training
- 2 Web-based self-assessment
- 3 Continuous Improvement & Self-Help Functionality
- 4 Intelligent Issue Prioritization, Escalation & Resolution
- 5 Smart Process Automation
- 6 Documentation, Reporting & Recordkeeping

# Results with Ergonomics by *VelocityEHS*



## 75% Increase in Reach

By moving to the *VelocityEHS* web-based system Chesapeake Energy is now able to serve all of their employees with the same high-quality ergonomics solution. They have been able to deliver ergonomics training and assessment to 75% more of their locations while concurrently reducing the travel demands. (More locations and many more individuals served)

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## 75% Reduction in Travel Time

Chesapeake has also enjoyed a 75% reduction in travel time required for addressing ergonomics issues. This decrease in travel has helped the ergonomics specialist extend her reach, and has provided employees with quicker access to ergonomics resources – online and over the phone with a licensed ergonomics specialist.



## Culture of Self-Improvement

Employees are moving from a mindset of “come fix this ergonomics problem for me” to a more engaged and pro-active approach where they are given the tools and knowledge to correct many of the ergo issues on their own, with the support of an ergonomics specialist if required.

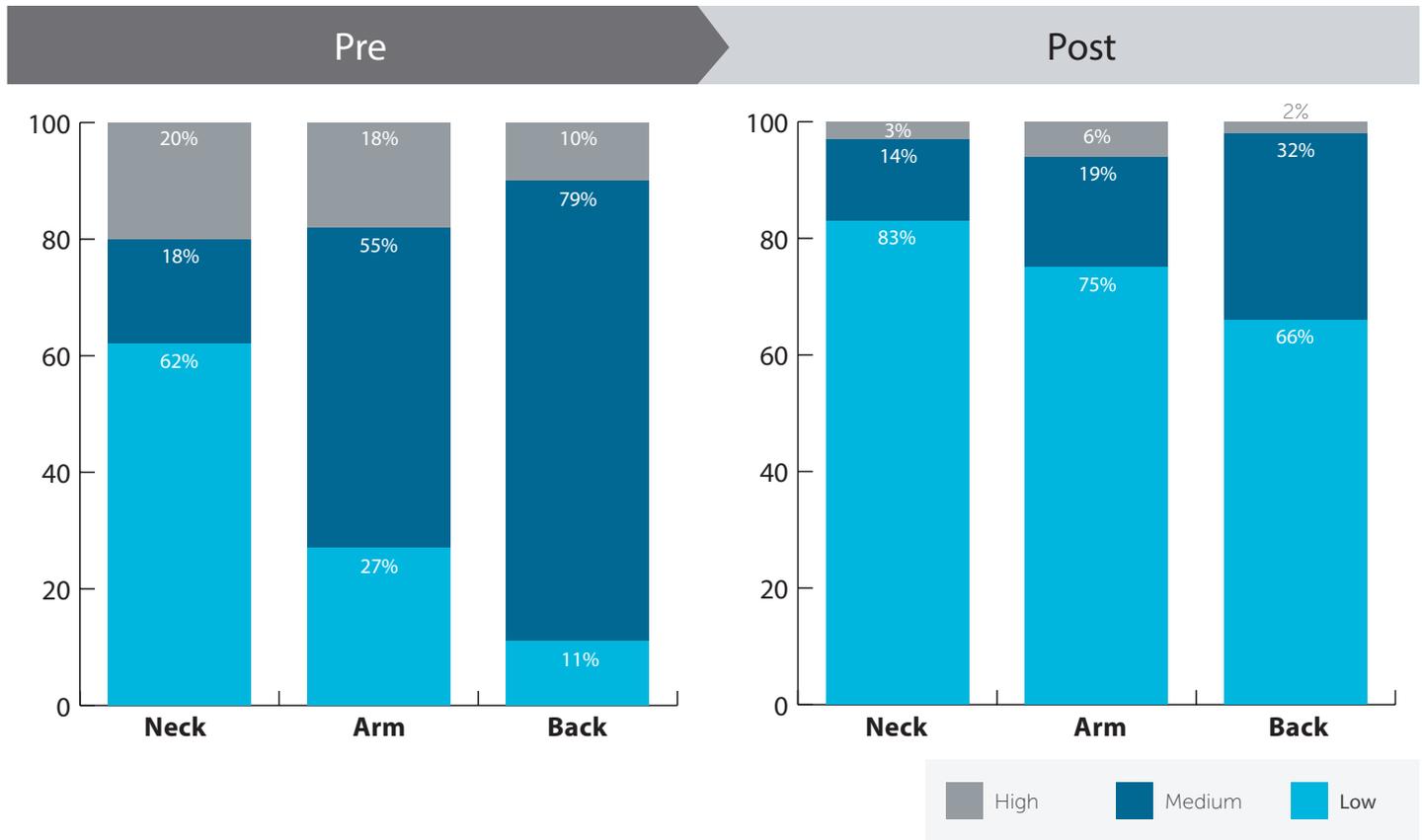
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## Positive ROI in Under 12 Months

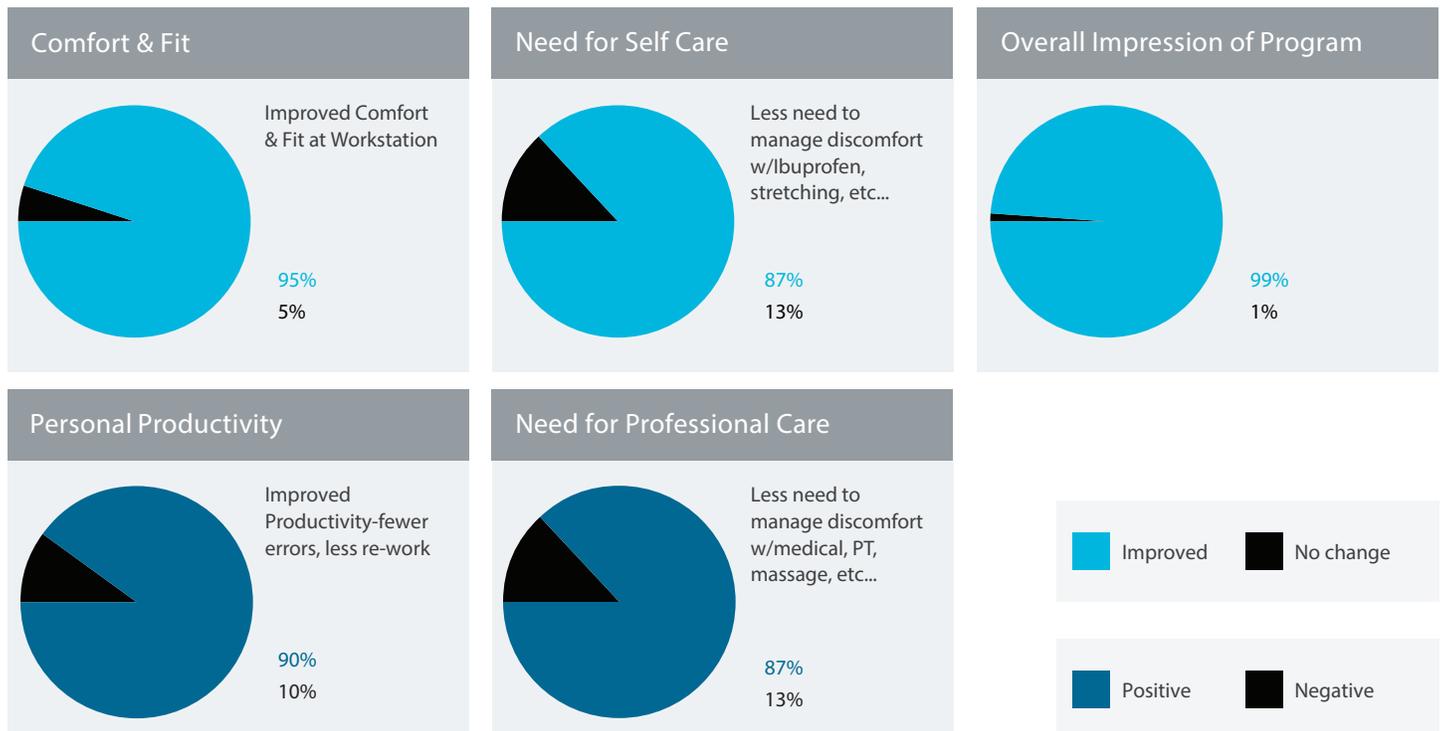
By replacing their third-party onsite ergonomics vendor with Ergonomics by *VelocityEHS*, Chesapeake Energy was able to cut their ergonomics program costs by nearly half. Chesapeake achieved substantial reductions in their ergonomics service delivery time and travel expenses, a significant decrease in ergonomic injuries and associated medical claims, and ultimately improved productivity by providing program benefits to a greater number of employees.



## Significant Risk Reduction



## Participant Feedback



*“Implementing an online ergonomics training and assessment platform has been crucial to the continued success and growth of Chesapeake’s ergonomics program.”*

ANGELA SCHMIDT- Ergonomics Specialist

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## Cost of Ergonomics Injuries to Businesses is Rising

Musculoskeletal disorders (MSDs), the type of injury most commonly associated with poor ergonomics, are among the top ten causes of serious workplace injuries. Poor ergonomics is often revealed or expressed as muscular fatigue, discomfort, decreased productivity, absenteeism, or injury, and it takes a significant toll on business and workers. Poor ergonomics results in direct costs for medical expenses, as well as indirect costs such as lost time, decreased productivity, and employee turnover — all which adds considerable expense.

## Schedule Your Free Office Ergonomics ROI Assessment

### See How Much You Can Save Your Organization with Ergonomics by *VelocityEHS*

During your free ROI assessment, *VelocityEHS* will work with you one-on-one to identify your organization’s unique ergonomics risks, needs and opportunities. We then prepare a series of ROI projections completely customized for your business – providing you with a powerful tool to help demonstrate the value of ergonomics and smart process automation to your management team.

## Ergonomics by *VelocityEHS*

### Office Ergonomics Software

Gain control, extend your reach make work better.

### Features

Born from years of experience managing award-winning Fortune 1,000 office ergonomics processes.

- Resolution Tracking for Outstanding Issues
- Easy & Effective Assessment
- Bite-Sized Training Modules Fit Busy Schedules
- Continuous Improvement Library
- Sophisticated Reporting and Tracking
- Smart Process Automation

**Schedule your ROI assessment today. Be a hero tomorrow.**

**Demo Now. Or learn more [www.EHS.com](http://www.EHS.com)**

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