



## Ergonomic awareness and equipment will help keep employees safe and productive

Most employees value their jobs and their work. So if you have employees with conditions that could cause a disability absence, the right equipment may help them remain productive — and possibly prevent a disability work absence.

An added benefit is employee engagement. Employees are interested in their health and safety.

As an Aetna disability customer, Aetna provides you access to a variety of ergonomic equipment to give your employees the extra support they need.\*

It's important that workstations fit your employees' needs. Not the other way around.

Sometimes, employees need a little help to stay at or return to work. And having the right equipment can make all the difference. So we recommend ergonomic equipment that fits your workplace and your workers.

\*We provide just a few examples, and can help find the right solutions for most work environments.

### Onsite ergonomics assessment

We can provide a case manager to go onsite and assess how employees perform a specific job. Then we recommend ways your employees can work more comfortably. We can help:

- Reduce potential work-related injury and disability
- Minimize lost productivity and its costs
- Make a noticeable workplace improvement
- Provide the right ergonomic equipment

### Access to ergonomic equipment

We help you get access to discounted rates on this equipment, too. From anti-fatigue mats to sit-stand workstations, you can find what you need to help employees:

- Increase their ability to stay healthy
- Decrease muscle fatigue
- Remain productive and on the job

# Examples of ergonomic equipment

## Specialized keyboards

A ZoomText large-print keyboard can be useful for employees with impaired or low vision. Or those who need extra space on the keyboard to accommodate physical issues.

A one-handed keyboard is useful for employees who are not able to use both hands for typing. This keyboard may increase function for those with medical conditions, including amputation, rheumatoid arthritis and orthopedic problems.

## Ergonomic mouse

Employees with pain and discomfort in the hands and wrist, including carpal tunnel and epilepsy, will find this mouse especially helpful in improving comfort and speed.

## Sit/stand/lean stool

This stool allows employees to sit and stand as needed, providing extra support to lean on while using correct body posture. Great for office, retail and industrial assembly workers.



## Stair-climbing hand truck

Designed to ambulate stairs with four sets of wheels, this hand truck takes the effort out of transporting heavy objects. It can climb or descend stairs while reducing the push-and-pull force. This is useful for employees experiencing back pain or returning to work after back surgery.

## Industrial truck seat

Designed for large trucks, this seat provides lumbar and cervical support for employees, while greatly reducing vibrations experienced during driving.

## Ergonomic work cart

For those employees who work in service and hospitality occupations, consider this lightweight work cart to provide accommodations for orthopedic and musculoskeletal conditions. This cart can be motorized, reducing the heavy push-and-pull of a materials cart, and assists when moving items between rooms or floors.

## Anti-fatigue mat

Employees who are required to stand on hard floors should consider this mat to reduce body fatigue, allowing them to stand longer.



**These ergonomic offerings are only a few examples of the value-added services we can help with to keep your employees at work.** Please contact your Aetna representative to learn about our ergonomic services, onsite job evaluations and more.

We make no warranty of the ergonomic equipment as listed in this informational flyer. Any warranties on ergonomic equipment are the responsibility of the ergonomic manufacturer or vendor.

**Disability insurance plans/policies are offered, administered and/or underwritten by Aetna Life Insurance Company (Aetna).**

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**Policy form numbers issued in Oklahoma include:** GR-9/GR-9N and/or GR-29/GR-29N.

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