

Implementing an Effective Ergonomics Program

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Discussion Points:

- The training components of the Cintas ergonomics program
- Empowering employees to participate in the ergonomics program and achieve success
- Deploying simple evaluation tools and metrics to identify and solve problems and track progress

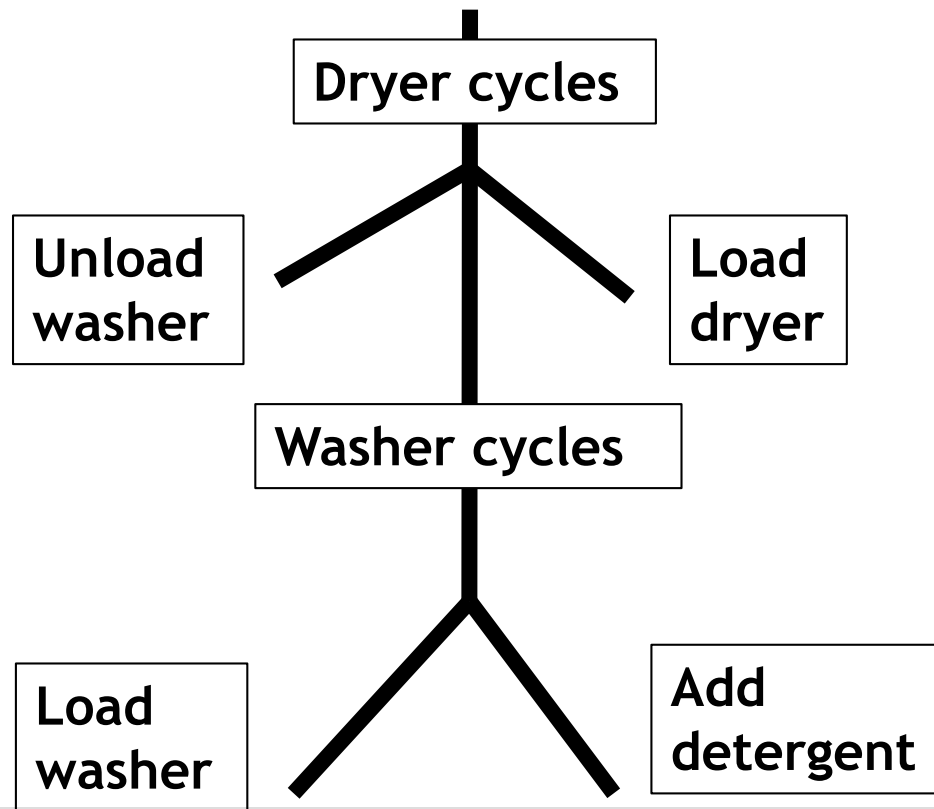
Safety Vision



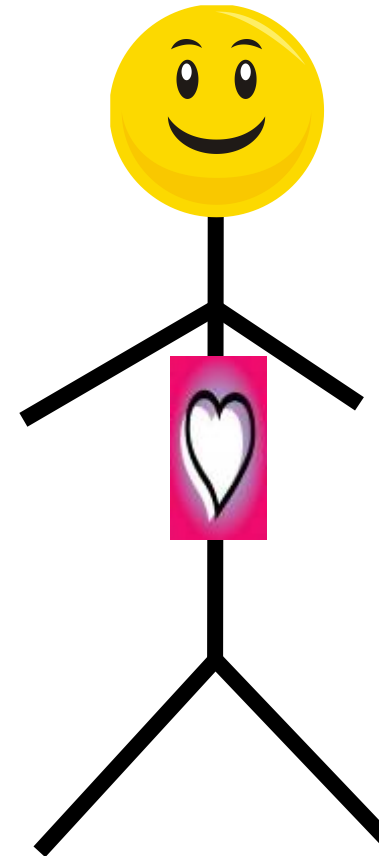
- Every Cintas location is **injury-free**
- Every partner is **engaged** in continuously improving safety
- Cintas is widely recognized as one of the **world's leaders** in safety and health performance

Leadership Style

Transactional



Transformational



CINTAS ERGONOMICS

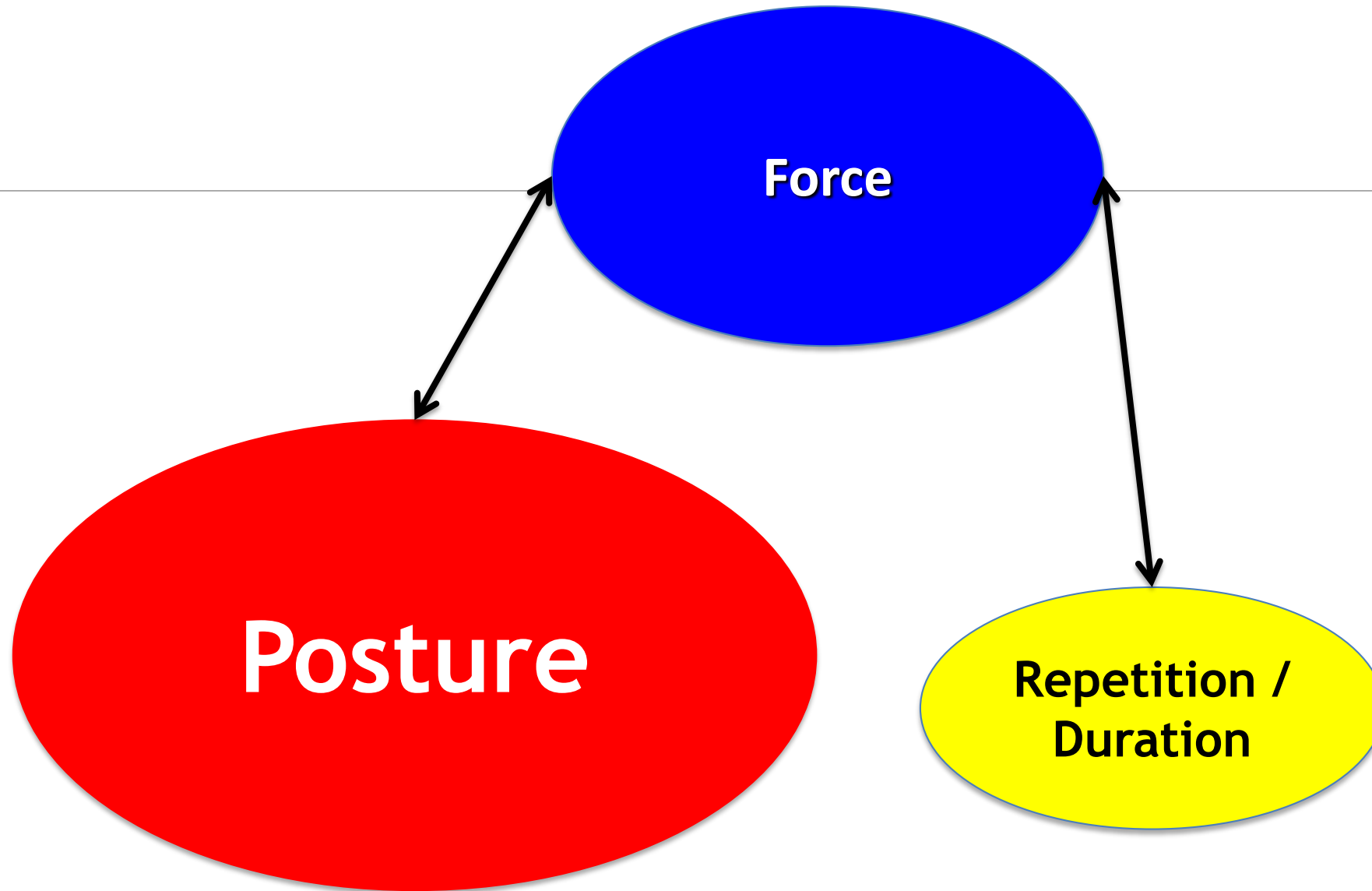


Workers Compensation Claims Analysis

Claim Type	% WC Claims
Ergonomics	50.4%
Fall Or Slip	15.6%
Other	34.0%
All Claims	100.0%

Posture





Grasp a Pencil or Pen

POSTURE

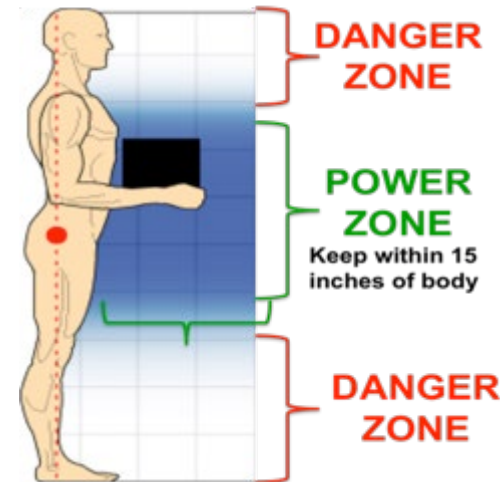
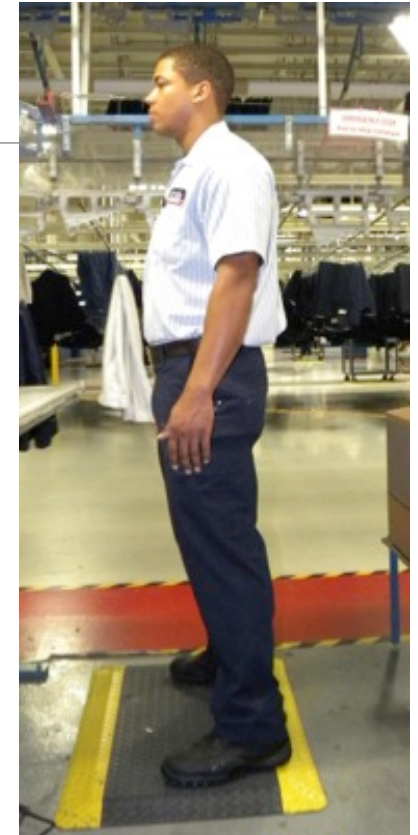


Industrial Athlete - 3 Key Points

Stance – keep your feet wide

Align your body in a neutral posture

Elbows near your side – keep your work close so your elbows stay by your side



The heaviest thing you lift is your body



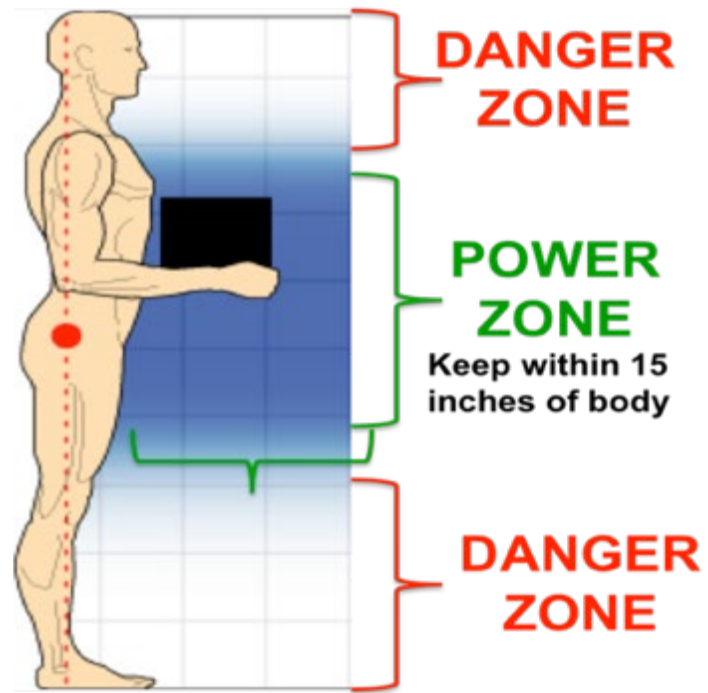
Biggest Ergonomics Opportunity

Reducing the total time employees spend in awkward postures.

Allowing and educating EEs to use effective, neutral postures.



Work Stations that Fit Different EEs



48"

32"

Keep work in the Power Zone

Power Zone Tools



Quick Fixes

Quick Fix - Push Rather than Lift



Raise boxes to
reduce bending;
put them on wheels
to reduce lifting.



Get It Off The Floor



Mats stored
on floor of
truck below
Power Zone.

Get It Off The Floor

Lowered both shelves to get mats off the floor and into Power Zone



Modify Equipment / Z Rail



Modify Equipment / Z Rail

The screenshot shows a web browser window displaying the Garmentrack website. The page is for the 'Heavy Duty Z Garment Rack' (Item # Z-EA6065). The left sidebar contains a 'SHOP ONLINE!' section with various product categories and a 'SAVE MORE!' section with a mailing list sign-up. The main content area features a product image, a price table, and a description. A red arrow points to the 'Description' tab in the product details section.

SHOP ONLINE!

- Z Garment Racks Easy Assembly
- Z Garment Racks - USA Made
- Z 4 In 1 Garment Racks
- Garment Racks 2 Rail
- Garment Racks W/Shelves
- Clothing Racks Collapsible
- Clothes Rack Adjustable
- Garment Truck w/Deck
- Garment Bags Hi-Capacity
- Garment Bags Single
- Fashion Laptop Bag
- Garment Rack Covers
- Assembly Instructions
- Why Buy from Us?

SAVE MORE!

Join our mailing list for special offers and new product announcements!

Enter Email Address [JOIN](#)

[We won't share your address.](#)

Heavy Duty Z Garment Rack

Item # Z-EA6065

Regular Price \$109.95

Sale Price \$59.95

You Save \$50.00

Item Rating ★★★★★ [View Reviews!](#)

Select Base Color

Availability Usually ships the next business day [View Shipping Policy](#)

Quantity

[ADD TO SHOPPING CART](#)

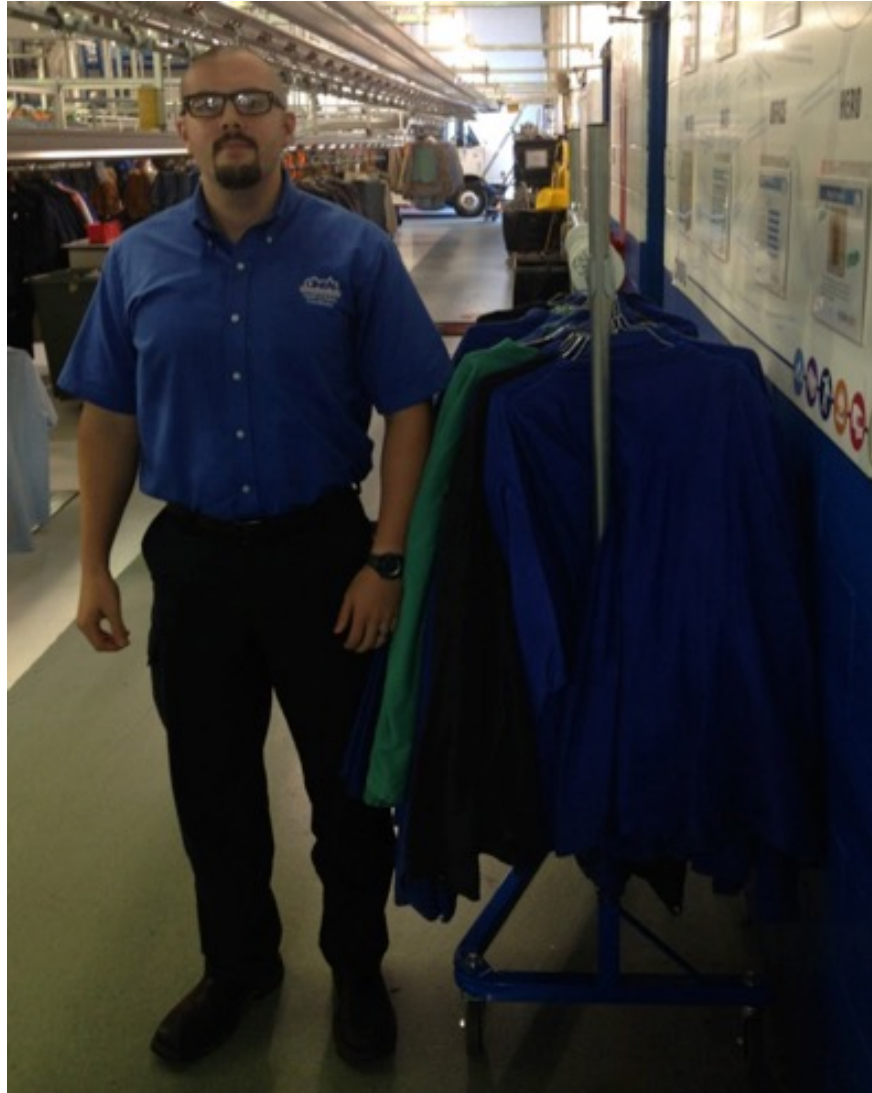
[Send this page to a friend](#)

Description

Our Z Garment Rack Z-EA6065 is solid, sturdy construction that works and lasts. The Z Garment Rack has a load capacity of 400 pounds, so go ahead and load it down with heavy coats or other garments. Like all our clothing racks, it comes with our "no overload guarantee," so if it bends, breaks or fails, we'll fix or replace it.

The Z-shaped heavy-duty garment rack is as sturdy as they come; it provides a stable base that prevents tipping when you roll the rack around. The strong, chip-proof powder-coat finish on the base is available in your choice of black or safety orange. The Z Garment Rack rolls on four 4-inch rubber wheels that swivel 360 degrees on sturdy metal casters and won't mark or damage your floor. Two wheels also have brakes for added safety. The upright and hang bars are made of chrome-plated steel. **Dimensions:** 63 inches long, 70 inches tall, 24 inches wide.

Lower Z-Rail Height



Modify Equipment / Z Rail



Slide Rather than Lift



Overloaded Carts: Awkward Postures / Increased Pull Forces



Maximum Fill Level for Shakeout Carts

Create a 42-inch
“fill Level” for
Shakeout carts



Heat Seal Machine Height



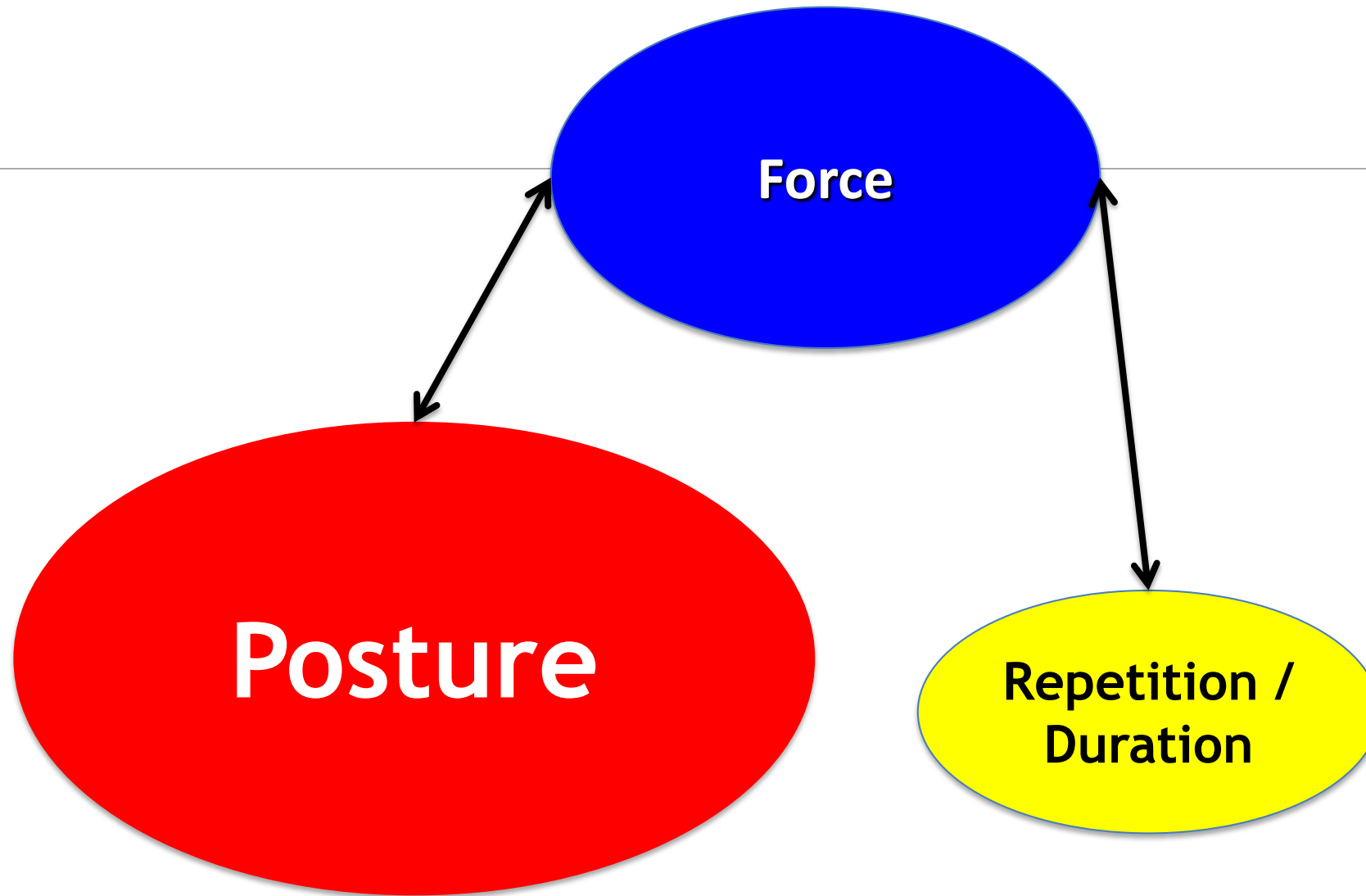
Solution



U-Shaped Table Reduces Reach



Carts and Casters



False Bottoms / Fill Lines



New Sling Cart



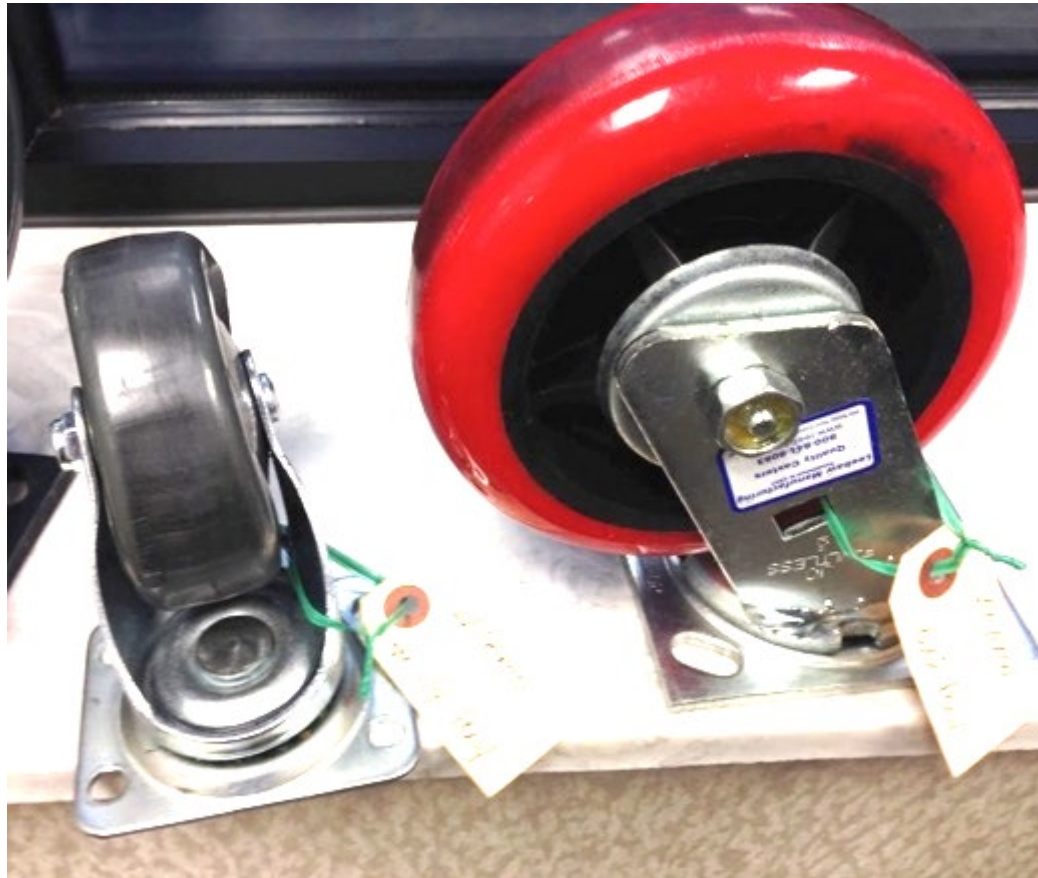
- Over 30 new features:
- ✓ Height adjustable corner posts
 - ✓ Nestable



New Mat Cart



Casters



Caster Testing Results

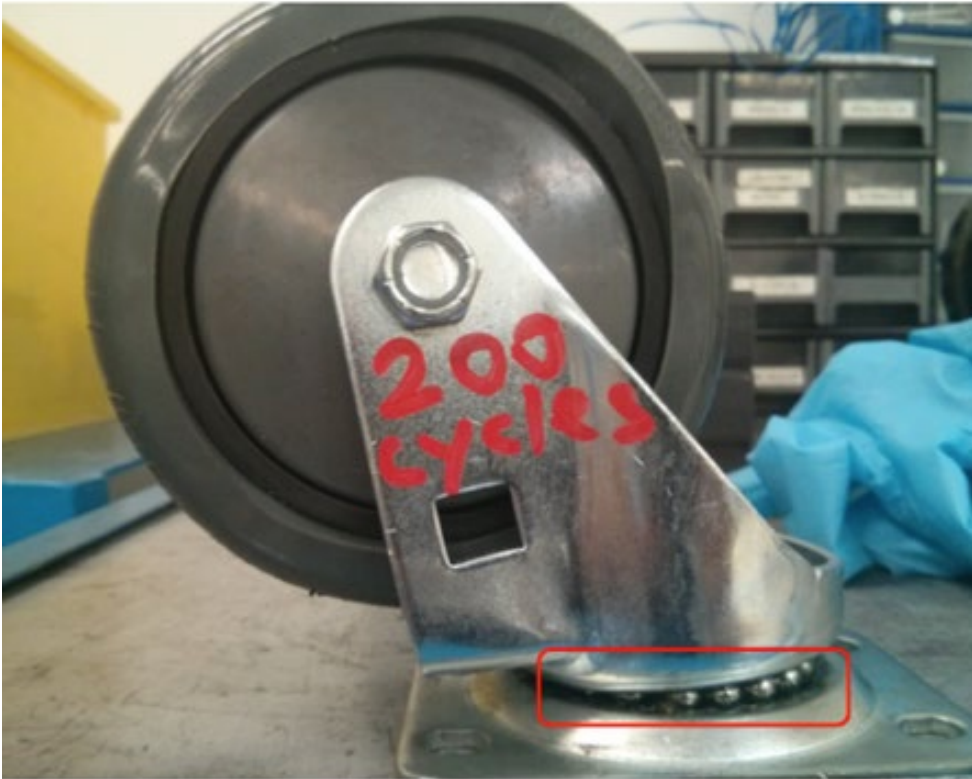


Figure. 2 – Leebaw 4" grey plastic wheel post endurance testing at 200 cycles. Damage seen in the swivel head



Figure. 5 – Darcor caster post endurance testing at 10,000 cycles. No damage to the swivel head.

Reducing Push Forces

	Push force in lbs.	
	Without Darcor Casters	With Darcor Casters
Empty Cart	28	10
Full Cart	60	20
Full Cart - pushing on angle	100+	25



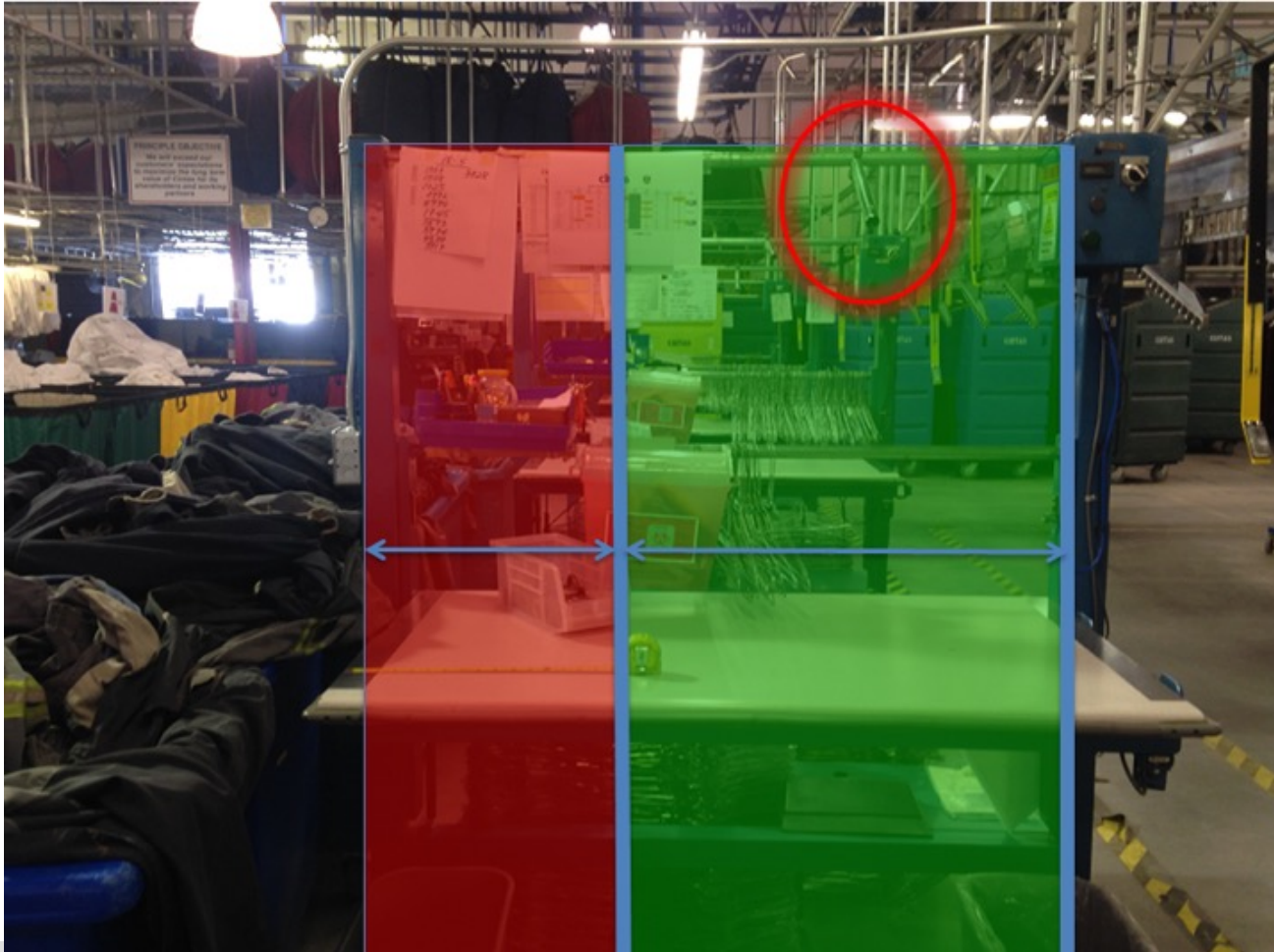
Metrics

Motions Saved or Reduced

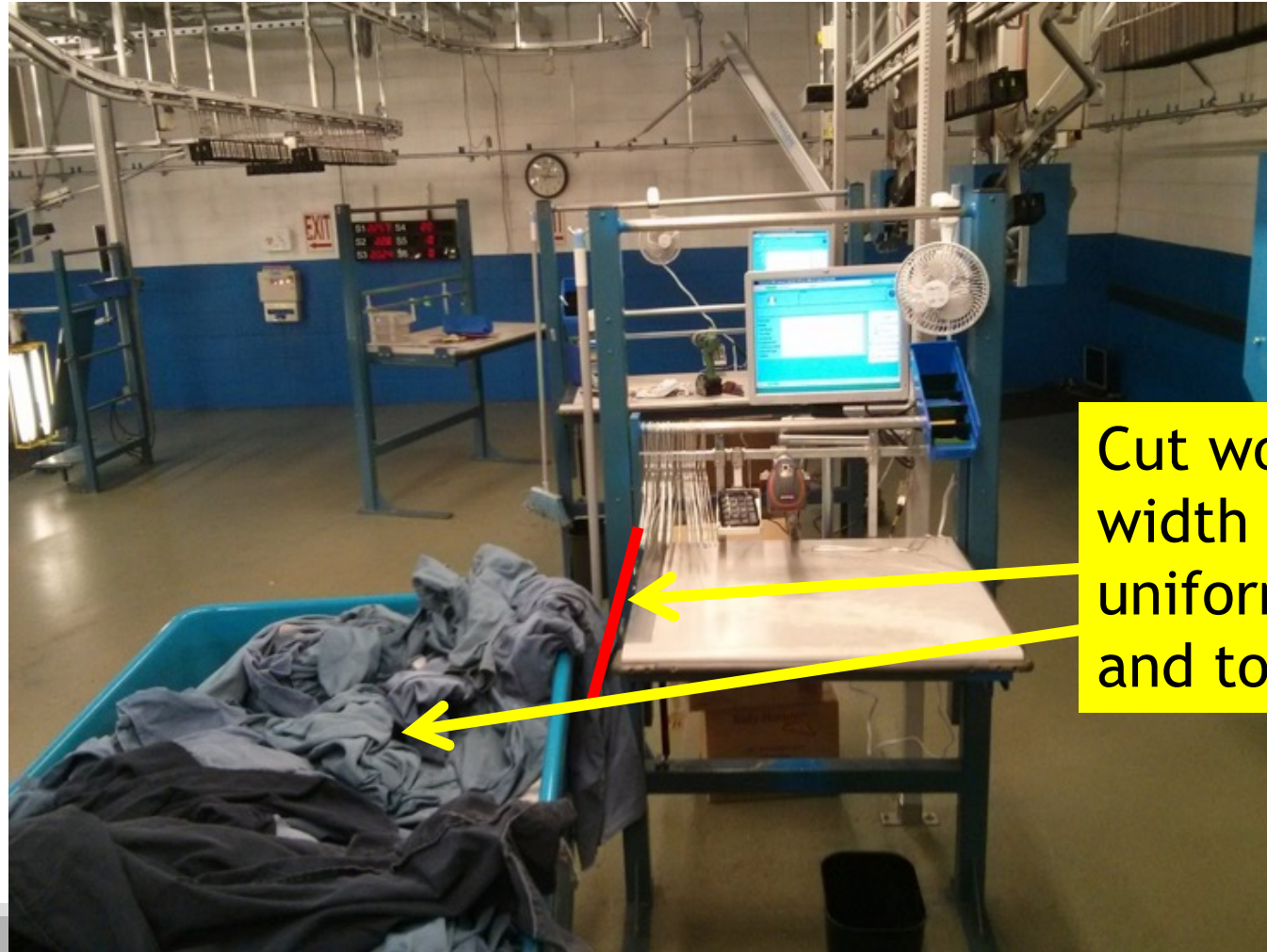
Original Pants Hanging Layout



Modified Pants Hanging Layout



Reduce Pants Hanging Station Width



Cut workstation to 28" width to allow clean uniform bin to be in front and to side of EE

Motions Saved

EE hangs approx. 1600 garments per day,
and works approx. 230 days a year

2 steps per garment

x 1600 garments per day

x 230 days per year =

736,000 saved motions!

SharePoint Resources

Ergonomics- "Making the Job fit the partner"

Fitting the job to the partner to help them work more effectively and safely.

Designing the workplace and job demands to fit the capabilities of the working population.

Supporting every location in saving 1,000,000 motions

Click on the pictures below to find division specific ergonomics training, solutions, best practices and message boards



Ergo Solutions Sourcebook

STEPHENJENKINS

Access

Cintas Admin

Users

Solution Catalog

Ergonomics Solutions

Filter By Add New Solution Advanced Search

1 2 3 4 5 6 7 8 9

Solution ID	Date Entered	Title	Problem	Description	Benefit	After Picture	
439	03/10/2017	Mat Shelf	Tripping on mats in walk way. Stepping on unstable...	Built shelf, installed at angle with 10 inch toe k...	Not stepping on or tripping over mats in walk way....		Edit Detailed Solution Delete
437	03/10/2017	Grabber	Partners had to bend over and reach for garments l...	We provided partners with grabbers.	Partners are now able to stay in their power zone ...		Edit Detailed Solution Delete
435	03/10/2017	PAMI Station Hanging	Bending , reaching for hangers discomfort in back ...	Re-design hanger bar make the distance adjustable ...	Reduction in movements, less fatigue, less back an...		Edit Detailed Solution Delete
433	03/10/2017	Shake out Ergo handle	Poor posture while pushing heavy cart. Cart loaded...	Built an ergo handle for Shake out carts to elimin...	Back - 8 hangers 2 carts per hr = 16 X 8 hrs.=(128)...		Edit Detailed Solution Delete
431	03/10/2017	Rolling Garment Hanger Cart	Partners had to empty boxes of hangers from the fl...	Rolling Carts fabricated to store the hanger boxes...	Back - 50+ thousand motions per year. From red to...		Edit Detailed Solution Delete

INAUGURAL CINTAS ERGO CUP COMPETITION

A competition of the best ergonomic designs that will help our partners perform their jobs as safely and effectively as possible.

CINTAS
»ERGO
CUP2017

SAVE THE DATE:
WEDNESDAY,
AUGUST 16
CORPORATE HEADQUARTERS



TRSA¹⁰⁰⁺
est. 1912
Strengthening and Promoting the Linen, Uniform
and Facility Services Industry

Applied Ergonomics Conference Ergo Cup Winning Team



CINTAS
ERGONOMICS

QUESTIONS?