



**UNDERSTANDING, RECOGNIZING, AND SOLVING
Ergonomic Hazards in
Long-Term Care**



Department of Consumer
and Business Services

The leading injuries in long-term care facilities are strains and sprains. Learn techniques for avoiding these workplace injuries.

Oregon OSHA provides ergonomic assistance to long-term care facilities to help reduce care provider risk for strains and sprains. At no cost to you, an ergonomic consultant will provide services to your facility.

Consultation Services provides support with:

- Identifying factors that place workers at risk of injury
- Recognizing high-risk resident care activities
- Understanding the goal of health care ergonomics
- Providing solutions to hazards

Ergonomics consultants are available to help you effectively address employee risk for sprains, strains, and other musculoskeletal disorders. This can include walking through your facility to identify opportunities for improving safe work practices.

The service is free and confidential

Information regarding your activity with Oregon OSHA Consultation Services is not shared with enforcement.

Contact your local Oregon OSHA office for more information or to schedule consultation at your facility.

Salem Central Office

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Toll-free: 800-922-2689

Fax: 503-947-7461

en español: 800-843-8086

Website: osha.oregon.gov

Bend

541-388-6066

Consultation: 541-388-6068

Eugene

541-686-7562

Consultation: 541-686-7913

Medford

541-776-6030

Consultation: 541-776-6016

Pendleton

541-276-9175

Consultation: 541-276-2353

Portland

503-229-5910

Consultation: 503-229-6193

Salem

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