TRC and DART Rates
FY07 to FY12-Q2

Cases Per 200,000 Work Hours

FY07 FY08 FY09 FY10 FY11 FY12

TRC Rate
DART Rate
How we compare with others

Days Away, Restricted, or Transferred (DART) Case Rate,
FY 2012, 2nd Quarter

Cases per 100 FTEs

Ames  ANL  BNL  FNAL  LBNL  ORNL  PNNL  PPPL  SLAC  TJNAF

Total Recordable Case (TRC) Rate,
FY 2012, 2nd Quarter

Cases per 100 FTEs

Ames  ANL  BNL  FNAL  LBNL  ORNL  PNNL  PPPL  SLAC  TJNAF

NAICS R&D 50%
NAICS R&D 25%
These are strains and sprains from manual material handling and working in awkward positions.
## Acute Non-Office Ergo – Recordable Cases  
Oct 2010 – Apr 2012

<table>
<thead>
<tr>
<th>Incident</th>
<th>DIR</th>
<th>Lost Days</th>
<th>Restr. Days</th>
<th>Age</th>
<th>Years at SLAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knee strain - moving power units in kneeling position.</td>
<td>OPS</td>
<td>56</td>
<td>120</td>
<td>54</td>
<td>11</td>
</tr>
<tr>
<td>Leg strain – positioning pump cart onto forklift.</td>
<td>SSRL</td>
<td>0</td>
<td>149</td>
<td>66</td>
<td>12</td>
</tr>
<tr>
<td>Shoulder strain – loading 200lb dewar onto scale.</td>
<td>SSRL</td>
<td>0</td>
<td>48</td>
<td>39</td>
<td>5</td>
</tr>
<tr>
<td>Hip sprain – crouching repeatedly to pass under beam.</td>
<td>LCLS</td>
<td>0</td>
<td>32</td>
<td>52</td>
<td>2</td>
</tr>
<tr>
<td>Back strain – picking up 4’x4’ board.</td>
<td>OPS</td>
<td>0</td>
<td>22</td>
<td>53</td>
<td>11</td>
</tr>
<tr>
<td>Neck strain – demonstrating procedure in training class.</td>
<td>AD</td>
<td>1</td>
<td>18</td>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td>Back strain – lowering a large storage rack.</td>
<td>OPS</td>
<td>15</td>
<td>1</td>
<td>31</td>
<td>1</td>
</tr>
<tr>
<td>Shoulder strain – lifting conference table to access plug.</td>
<td>OPS</td>
<td>0</td>
<td>14</td>
<td>43</td>
<td>13</td>
</tr>
<tr>
<td>Felt pain after removing cables from overhead tray.</td>
<td>AD</td>
<td>1</td>
<td>0</td>
<td>56</td>
<td>34</td>
</tr>
<tr>
<td>Back strain – working on electrical connections to Klystron heater while in awkward position.</td>
<td>AD</td>
<td>0</td>
<td>0</td>
<td>38</td>
<td>1</td>
</tr>
<tr>
<td>Knee strain – during welding.</td>
<td>AD</td>
<td>0</td>
<td>0</td>
<td>40</td>
<td>8</td>
</tr>
<tr>
<td>Back strain – loading items from 1-40 lbs into truck.</td>
<td>SSRL</td>
<td>0</td>
<td>0</td>
<td>47</td>
<td>24</td>
</tr>
</tbody>
</table>
SLAC Ergonomics Program

Available Resources:

- Webpage
- Online Training
- Ergonomic Consults/ Evaluation
- Occupational Health Center
SLAC Ergonomics Program

SLAC Ergonomics Webpage

Occupational Health Center

Ergonomics
Ergonomics is an important part of health safety at work, particularly for those people who spend most of their day using computers. This site offers information on workstation ergonomics and provides documentation and assistance for improvements.

Evaluations
The Ergonomics Program within the SLAC Occupational Health Center offers ergonomic evaluations free of charge to SLAC employees and temporary employees. To set up an evaluation, take training course 291 and then contact the Occupational Health Center at x2281.

Economic Showroom
The Economic Showroom is available for employees to try recommended products. The showroom is available by appointment only at the Occupational Health Center, Bldg 41. Contact x2281 to schedule an appointment. Procurement of ergonomic equipment must be approved through your supervisor.

Workstation Ergonomics
To improve workstation ergonomics, review the following links:

- Safe Office Moves
- Microbreaks and Stretching
- Ergonomically Correct Postures (pictures)

Program Training and Documents
- Training Course 291 - Ergonomics Training for the Office Worker
- Computer Workstation Ergonomics Guide [pdf] (printout for posting near workstations)
- Products recommended by SLAC [pdf] (notes: prices estimated. Check w/ your procurement officer for actual SLAC prices.)
SLAC Ergonomics Program

- Online Training
- Course 291: Ergonomics Training – Office Worker
- Course 410: Back Safety
- Safe Office Moves Training (available on website)
SLAC Ergonomics Program

• Ergonomic Consults/ Evaluations
SLAC Ergonomics Program

- SLAC Occupational Health Center
- Monday – Friday 8:00AM – 5:00 PM
- Bldg 028 Room 11