



**Well-designed work supports both people and performance. Weston delivers practical ergonomics solutions that reduce strain, improve productivity, and align with operational realities, helping organizations protect their workforce while supporting quality, efficiency, and retention.**

## ERGONOMICS SERVICES THAT SUPPORT PEOPLE AND PERFORMANCE

Weston delivers practical ergonomics services focused on how work is actually performed. We evaluate tasks, tools, mental demands, and environments across warehousing and distribution, industrial operations and manufacturing, healthcare/hospitals, laboratories, retail, technology, and corporate offices environments. This helps identify where physical and cognitive demands create unnecessary risk or inefficiency.

Our specialists assess mental and physical risk at the task, division, or corporate level. We then provide realistic, scalable solutions that improve posture, reduce repetitive strain, optimize workspace design, and better balance physical and mental demands. The practical solutions provided following the risk assessment are designed for short-term immediate impact and long-term investment planning.

Sprains and strains continue to be one of the most common reasons employees miss work or require modified duties, impacting productivity, morale, and retention. Weston helps address these challenges by prioritizing risks, aligning improvements with business goals, and supporting consistent application across departments. We work collaboratively across teams such as Operations, Facilities, Purchasing, Engineering, and Human Resources to build or streamline ergonomics programs that are easy to maintain. Through assessments, training, and program support, we help organizations create healthier workplaces that support long-term performance and employee wellbeing.



## TECHNICAL CAPABILITIES AND EXPERTISE

Our Certified Professional Ergonomists (CPEs) seek out root causes and deliver evidence- and data-based solutions that reduce risk, boost productivity, and create healthier workplaces. Our expertise includes:

- Industrial, lab, and office ergonomics assessments (including hybrid/remote and hoteling workstations)
- Task analysis and redesign recommendations
- Workspace design and equipment/tool selection guidance
- Ergonomics program development and streamlining across departments
- Participatory training and hands-on education for leadership and frontline staff
- Data collection and prioritization to drive systematic, sustainable improvements
- Holistic ergonomics solutions that address physical demands, mental load, and overall employee wellbeing

# PRACTICAL ERGONOMICS FOR REAL WORLD OPERATIONS

Every work environment presents unique ergonomic challenges. Weston's ergonomics services are designed to flex across industries, job types, and operational demands, delivering practical solutions that reduce risk, support employee wellbeing, and improve performance.



## Warehousing and Distribution

Assess picking, packing, and material handling tasks to reduce force, repetitive motion and awkward postures. Support workstation redesign and tool selection strategies that help reduce strain while maintaining productivity.



## Industrial Operations and Manufacturing

Evaluate high risk tasks involving force, repetition, awkward and sustained postures. Provide practical recommendations to improve task design, equipment layout, and workflow to reduce musculoskeletal risk without disrupting production.



## Healthcare and Laboratory Settings

Review tasks involving precision and repetitive work, cleaning, prolonged standing, and safe patient handling. Identify opportunities to improve workspace design and task flow while supporting patient and staff safety, accuracy, and efficiency.



## Retail and Customer Facing Operations

Address ergonomic challenges associated with standing work, point of sale tasks, stocking, and back of house activities. Help improve comfort and reduce fatigue in fast-paced environments.



## Technology

Review tasks within data centers, new product development, and equipment design for risk related to musculoskeletal disorders. Design ergonomics into the manufacturing process through prevention through design.



## Office and Corporate Environments

Support onsite, hybrid, and remote work through workstation assessments, ergonomic guidelines, and employee training. Help organizations manage common discomfort issues that impact focus, attendance, and engagement.

**FOR MORE INFORMATION, CONTACT:**



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