

Presentation Title	Place in Schedule
Fujifilm Fit -- A Total Worker Health Approach in Manufacturing	Concurrent Session 3.6 <i>Day 2 – Wednesday May 9th, 2018 4:00 – 5:15pm</i>
Description of Presentation	Presenter Name(s) And Credentials
<p>Fujifilm Manufacturing U.S.A., Inc., is one of the North American manufacturing companies for the FUJIFILM Corporation. In 2013, we recognized a trend increase in musculoskeletal injuries which we believe was attributable to the increasing age of our workforce. Considering that physically inactive people can lose as much as 3% - 5% of their muscle mass each decade after age 30 plus the fact that even active people experience some muscle loss, what could the company do to mitigate musculoskeletal injuries for the workers?</p> <p>The creation of Fujifilm Fit led to a dramatic reduction in work-related musculoskeletal injuries. The Fujifilm Fit program was launched in April 2014. It is a dynamic, campus-wide, total worker health wellness program completely integrated with our Safety program and available for all Fujifilm workers on the Greenwood, SC, campus. Fujifilm fit is comprised of group exercise classes, an exercise facility, strengthening & stretching, educational opportunities, ‘5 on the 55’, organic veggie box deliveries (50% subsidized), free massage therapist on site monthly, as well as on site services such as a clinic, dietitian and health coach.</p> <p>As part of the Fujifilm Fit program we focused on work-related musculoskeletal injuries in particular, we analyzed the body mechanics used in the most physically demanding jobs where there were a high rate of injuries and then created exercise and/or stretching routines to better prepare the workers. Would helping the workers better prepare for the physical demands of their jobs reduce the rate of injuries?</p>	<p>Susan Hendrix <i>FUJIFILM Manufacturing U.S.A., Inc.</i></p> <p>Lisa Emily <i>FUJIFILM Manufacturing U.S.A., Inc.</i></p>

The result of this analysis was the creation of our “Industrial Athleticism” program that utilizes state-of-the-art apparel appliances to analyze body movement while preparing a job-task-analysis. After the analysis, specific strengthening and stretching routines are developed to improve conditioning needed to perform the tasks for any particular job. The exercises are performed at the beginning of each shift and periodically throughout the shift as prescribed by the trainer. The intent is to build the worker’s fitness and strength for him or her to be able to perform the job tasks safely and to avoid injury.

The “Industrial Athleticism” program complemented the ergonomic solutions which were being identified and implemented as part of our continuing improvement efforts. The program led to a reduction in MSD injuries and associated workers compensation costs, and we have accumulated numerous personal success stories for improved overall health.

Based on our experience, the Fujifilm Fit program has proven to be so successful that it is being implemented at Fujifilm companies across the nation.