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## Musculoskeletal Injury Prevention Program (MIPP)

The Cornell University Musculoskeletal Injury Prevention Program (MIPP) provides ergonomics assessment, training and planning services to the Cornell community. Objectives of the program include enhanced health and productivity of individuals and work groups, relief from the human and financial costs of injury, improved workspace design, and leadership in the prevention of work injury at Cornell University.

### Who provides the MIPP?

The MIPP is an integral component of the Division of Human Resources, Benefit Services and operates from within the Medical Leaves Administration. The MIPP is coordinated by Todd Baker, OTR/L, CEES, through his company [Empowerment by Design](#). An Ithaca-grown consortium of Occupational Therapists and specialists in related health and wellness disciplines, Empowerment by Design provides experienced consultants and a program administrator to the MIPP. We welcome inquiries about our services (e-mail inquiries preferred). Please bear in mind that MIPP consultants spend most of their time in the field – we will get back to you as soon as possible.

### Who is eligible for MIPP services? Is there a fee?

All Cornell employees are eligible for services with the approval of their supervisor or Human Resources representative. Benefit Services demonstrates its commitment to employee health by offering the MIPP at no charge to Cornell employees and departments. Remember, you do not have to be uncomfortable or injured to benefit from MIPP services. Ergonomics is most effective when services are utilized for prevention.

### What do MIPP consultants do?

MIPP consultants visit work places to identify ergonomic risks and suggest options to reduce work-related stresses and injuries. They provide ergonomic assessments, work site analysis, training and seminars, recommendations for design or remodeling, and options for equipment. Empowerment by Design has implemented the MIPP since March 2005. During that time consultants have improved work environments and delivered custom training for thousands of Cornell faculty and staff.

### How does an ergonomic assessment work?

The consultant reviews the information you provide prior to your appointment and then visits you at your work site. He or she talks with you about your work set up and habits, observes your work, and takes photos and measurements as necessary. The consultant suggests immediate adjustments to improve your set up and offers recommendations for additional remedies. This information is later summarized in a report for you and your supervisor. A follow up phone call or visit is often useful to reinforce new habits or adjust new equipment.

### How do I sign up for an ergonomic assessment?

If you want an ergonomic assessment, talk to your supervisor. With approval, you may directly request an individual

consultation by completing our pre-assessment profile. Simply visit [www.ebd-ot.com](http://www.ebd-ot.com), click Create an Account in the Client Access box and complete the survey. The MIPP program administrator will contact you to schedule the assessment at your convenience. Requests are processed in the order received. There is typically a high demand for MIPP services, so please expect a wait of 2-3 weeks for an appointment unless a custom arrangement is required.

It is often more effective and fun to work together as a group. Consider initiating an ergonomics assessment and training event to champion a healthy culture within your department.

## What about department training and design consultation?

The MIPP will assist in fitting the jobs to the people who do them by recommending design, equipment and procedure modifications. Clients may request specialty seminars, demonstrations, and consultations for work groups or for specific projects. For example, our "Chair Fair" is an interactive 30-40 minute training where a work group gathers in a common area together with their chairs to learn ergonomic seating and office tips that can be implemented immediately. Ergonomics training can also focus on laboratory, materials handling, dining, custodial, construction, veterinary, grounds or any other job tasks taking place at Cornell. Include an ergonomics consultant on your design planning team to advocate a safe, productive, sustainable work environment. We welcome the opportunity to customize our services to best meet your needs.

## Ergonomics Resource Center

The Ergonomics Resource Center at East Hill Office Building, 395 Pine Tree Road is where you can experience a state-of-the-art environment stocked with equipment and resources to maximize productivity and comfort. Try out the latest chairs and ~~experiment with ergonomic computer accessories before you buy. Explore resources for ergonomic tools and equipment to~~ benefit all types of work. [Learn more.](#)