



Workforce Vitality practice: Kaizen Ergonomics events

**Rapid, sustainable ergonomics improvements
— delivered in days**

Change for the better is at the heart of both ergonomics and Kaizen. By integrating ergonomics into a proven Kaizen event structure, organizations can achieve fast, measurable reductions in Musculoskeletal Disorder (MSD) risk — while building internal capability to sustain results long after the event ends.

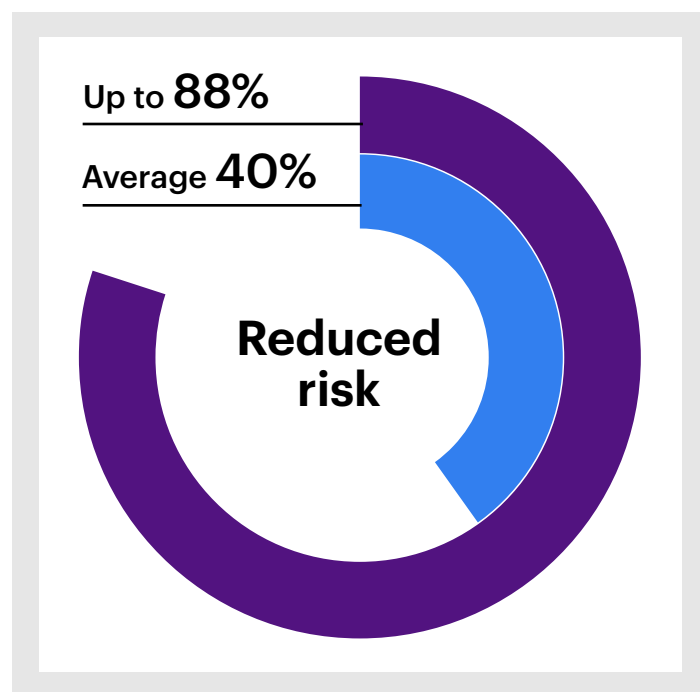
WTW Kaizen Ergonomics events connect ergonomics directly to the engine that drives continuous improvement. For many organizations, that engine is lean manufacturing — but this approach is equally effective whether or not lean principles are already in place.

What clients gain

WTW Kaizen Ergonomic events are designed to deliver immediate results and long-term value:

- Significant reductions in MSD risk factors
- Improved productivity, quality and efficiency
- Reduced errors, scrap and rework
- Higher employee engagement and morale
- A trained internal team capable of sustaining ergonomics improvements

On average, clients achieve a **40% reduction in MSD risk factors**, with some events delivering **reductions as high as 88%**.



What is an Ergonomics Kaizen event?

Kaizen Ergonomics events are short-duration, high-impact projects focused on improving the ergonomics of specific tasks.

Day one Learn and observe	Participants receive targeted ergonomics training and immediately apply it at the job, identifying MSD risk factors where work is performed.
Day two Analyze and improve	Small teams work independently to analyze root causes, develop solutions, test improvements and implement the most effective changes.
Day three Share and build momentum	Teams present concise, executive-ready summaries of what was improved, the results achieved and lessons learned — building confidence and organizational alignment.

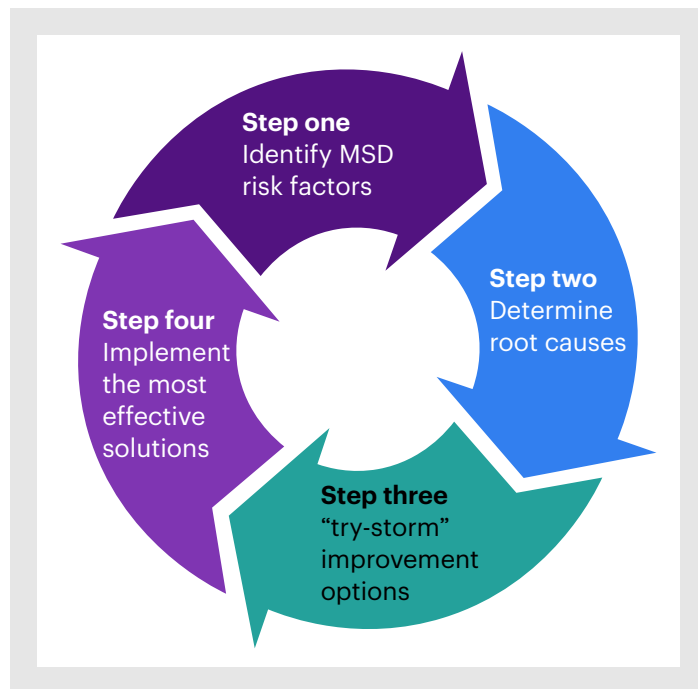
Events typically run for two to three days and can be scaled to meet your organization's needs.

A proven, repeatable approach: ErgoROOT™

Participants use WTW's proprietary **ErgoROOT™** tool to guide a structured, four-step improvement process:

1. Identify MSD risk factors
2. Determine root causes
3. Brainstorm and “try-storm” improvement options
4. Implement the most effective solutions

This framework ensures consistency, practical application and sustainable outcomes — during the event and beyond.



Why Kaizen Ergonomics works

Kaizen Ergonomics events are effective because they deliver on both short-term and long-term goals. In the short term, organizations see meaningful reductions in risk and immediate operational improvements. In the long term, they leave with a capable, confident team equipped to tackle future ergonomics challenges.

WTW has successfully delivered Kaizen Ergonomics events across the United States, Europe, Mexico and Asia, with consistently positive results. These events are collaborative, engaging and highly productive — producing real change where work happens.

Let's get started

If your organization is experiencing musculoskeletal disorders, struggling to sustain ergonomics improvements, or looking to align ergonomics with operational excellence, WTW can help.

Contact your WTW client relationship manager or reach out directly:

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