



Risk Control

Motion is Money

In today's competitive marketplace, continuous productivity improvements and efficient work processes are required to maintain and improve profit margins. Inefficient processes and excessive body motions can not only impact profit margins, but also increase the risk of injury. Musculoskeletal injuries are a leading frequency and severity loss driver for workers' compensation. Although their impact is felt most in construction, manufacturing and warehousing/distribution operations, they have a sizeable effect on general industry.

CNA's Motion is Money® is a focused approach designed to improve the efficiency and quality of operations while addressing musculoskeletal disorder risks. Specifically, it can enhance:

- Product and process flow
- Production rates
- Work product and process quality

These improvements can help reduce employee error rate, process bottlenecks and wasted body motions. Those outcomes, in turn, can result in decreased fatigue and improved productivity and work satisfaction, leading to greater skilled labor retention.

Motion is Money® in action:

In a construction or manufacturing operation, an employee may bend over and pick up material from the floor or a pallet many times in an hour. It takes approximately three seconds to bend over. The average worker can bend over up to 25,000 times a year. Annualize the cumulative time taken to bend for all employees in an operation for the number of days worked. How much wasted motion a year can be attributed to simple activity such as bending, and what is the cost associated with this wasted motion? Consider eliminating some of this wasted motion and the potential impact on the operations and business profitability.

The Motion is Money® process:

1. Motion is Money® starts with recognizing wasted motions within your operation, such as excess walking, carrying, pushing, pulling, bending and working overhead.
2. CNA Risk Control observes work tasks and notes the frequency and duration of these movements, in order to identify opportunities to improve process efficiency.
3. After the work processes that can benefit with productivity improvements are identified, the wasted or non-value-added motions are quantified. This creates a baseline metric for the work process as it is currently executed.
4. The wasted motions and non-value-added movements are then annualized to highlight the cost to the organization.
5. Solutions are developed by cross-collaboration with operations, engineering, safety and other relevant functions.
6. Once these solutions are put in place, a follow-up review of the work process is conducted to reassess the task for efficiency, productivity, quality and risk improvements.
7. Beyond this consultative approach, policyholders can complete Motion is Money® courses from CNA's School of Risk Control Excellence® (SORCE®) to help ensure the continuation of their safe, efficient work processes.

To learn more about how CNA's Risk Control services can help you manage your risks and increase efficiencies, contact your Risk Control consultant or visit cna.com/riskcontrol.