

# STATE OF MAINE ERGONOMIC, PREVENTION AND PEER EVALUATION PROGRAM

## Peer Evaluator Program

### Why do a workstation evaluation?

Maine State law requires that any employee who is working on or at video display terminal (VDT) for a minimum of four hours a day receive education to decrease the risk of injury at that workstation. As an employer, the State of Maine, has gone a step further and strives to complete a workstation evaluation for any employee who uses a computer more than an hour a day. The Peer Evaluation Program was created to enable the State to meet this goal.

### What is the Program?

Working under the supervision of the State of Maine Wellness Program's therapy staff, peer evaluators perform baseline evaluations for their coworkers who have no record of injury. This program has been implemented throughout the state, from Kittery to Fort Kent, and assists departments reach compliance with the State's Ergonomic Policy. Evaluation requests from all departments statewide are sent to the State of Maine Wellness Program. These evaluations are then assigned to evaluators. Once completed, the evaluations are overseen by a licensed physical or occupational therapist for approval before distribution.

### Who Are the Peer Evaluators?

Peer Evaluators are State employees who are trained in ergonomic concepts, anatomy, physiology, and corrective measures to assist fellow employees to work more safely and efficiently. After ten hours of training provided by the therapy staff, peers are assigned to perform work station checks within their given departments. Thus, they are a vital part of the injury prevention puzzle.

### Benefits for the Peer Evaluator

There are also benefits, in addition to helping another employee, for the evaluator. Peers earn valuable skills that allow them to be an integral part of the injury management team. Peers also learn skills that make them valuable assets in other departments if they were to transfer, many departments are actively recruiting for peers and bringing this skill with them is a tremendous asset