



Evaluating Risks in Growing Occupations Inc.



**Musculoskeletal Disorder (MSD) Prevention**

**Ergonomic / MSD Risk Assessments**

**Physical Demands Assessments**

**Ergonomic Training Workshops**

**Office Ergonomics E-learning**

**Ergonomic Workstation Design**

**Stretching & Warm-up Programs**

**Suitability Assessments**

**Job Rotation Planning**

**Job Compatibility Assessments**

**Return to Work Planning**

**Post Offer Pre-employment Testing**

**Job Safety Hazard Analyses**

**Occupational Health & Safety**

[www.ergoconsulting.ca](http://www.ergoconsulting.ca)



**Marnie Downey** M.Sc., CCPE, CK  
President

Marnie has earned a solid reputation as an expert in the field of Occupational Biomechanics & Ergonomics. Marnie is a certified Canadian Professional Ergonomist with over 15 years of ergonomic assessment and design experience. She has solved diverse ergonomic challenges for hundreds of companies in a variety of industries in Canada, United States and Mexico. Her energetic personality provides a motivational training atmosphere for management & employees.



**Alexandra Stinson** B.Sc., CK  
Manager

Alexandra has over 10 years of hands-on experience in Ergonomic Program Development, Ergonomic Assessment, Hazard Analysis and job accommodation in manufacturing, mining & office environments, working closely with management, employees, Healthcare Professionals & Engineers. Alexandra is accomplished at conducting & developing customized Post Offer Pre-employment Screening, Fitness, Wellness & Warm-up / Stretching Programs, job rotations and safe work schedules.



**Sarah Snable** B.Sc., CK, AE  
Consultant

Sarah has assessed and implemented ergonomic strategies to reduce injuries and improve workplace design in patient care, offices, laboratories, material handling, housekeeping, libraries and food services. Sarah was responsible for coordinating a Musculoskeletal Disorder Prevention Program for several hospitals, which included designing and presenting interactive education sessions. At Toyota, Sarah conducted Physical Demands Analyses and supported ergonomic concern investigations. Sarah is currently pursuing her diploma in Occupational Health & Safety.



**Jennifer McGillis** M.Sc., CK  
Consultant

Jennifer has assessed and redesigned a variety of workstations, including multi-screen computer workstations, libraries, bakeries, bicycle repair and mailing stations. She has completed hands-on projects in Methods Time Management, Postural Sampling and Occupational Safety Engineering, including a 4-month Safety Audit of an industrial company. Jennifer has developed effective teaching techniques as a Professor of Lifestyle Management at Georgian College. As a result, she is a dynamic speaker who specializes in providing informative and interactive Ergonomic Training Sessions.

ERGONOMIC SPECIALISTS

HEALTH & SAFETY SPECIALISTS

**Richard McFadden,**  
MBA, CHRP, CRSP

**Larry Mylrea,**  
CET

Alcoa Wheel Products Ltd. • Allied Signal Automotive • American Industrial Hygiene Association • Atomic Energy of Canada Ltd. • Auto Trim de Mexico • Autocom Manufacturing, A Linimar Company • Baxter Corporation • Benteler Automotive • Best Buy • Bombardier Aerospace • Bridgepoint Health • Bruin Engineered Parts Inc. • Cadbury Chocolates Canada Inc. • Cameco Corporation • Canada Bread • Canadian Breast Cancer Foundation • Canadian Mist Distillers Ltd. • Canadian National Rail • Cintas • City of Barrie • City of Guelph • City of Orillia • Clarington Funds • Community Care Access Centre of York Region • County of Wellington • Durham Catholic District School Board • Elcan Optical Technologies • Ellis-Don Construction • Enbridge • F&P Manufacturing Inc. • Faurecia Automotive Seating • Four Seasons Hotels & Resorts • Foreign Affairs Canada • Garaga Inc. • George Brown College • Go Transit • Goodyear Canada Inc. • Great West Life • Halton District School Board • Health Canada • Hostess Frito-Lay • Hydro One • Karrys Wholesale Distributors • Kindred Industries Ltd. • Kohl and Frisch • Kubota Metal Corporation • Loblaw's Companies Ltd. • Magna Automotive Companies •



Maple Leaf Pork • Mckesson Canada • Measurement Canada • Medtronic of Canada Ltd. • Meritor Automotive Canada Inc. • Ministry of Environment • Ministry of Government and Consumer Services • Ministry of the Solicitor General and Correctional Services • Molson Canada • Novopharm • Ontario Power Generation • Ontario Secondary School Teachers' Federation • Ontario Shores Centre for Mental Health Sciences • Orillia Soldiers' Memorial Hospital • Oshawa, Oakville and Markham Public Libraries • Owens Corning • Parmalat Canada • Parry Sound West Health Centre • Purolator • Raymond Industrial • Resource Industrial Group Inc. • Royal Canadian Mounted Police • Rubbermaid Canada • Simcoe County District School Board • Simcoe Muskoka Catholic District School Board • Sanofi Pasteur Ltd. • Snap-On Tools • Sun Life Assurance Co. of Canada • The District of Muskoka • The Town of Innisfil • The School Boards' Co-Operative Inc. • Toronto East General Hospital • University of Guelph • Wescast Industries Inc. • Weston Bakeries Ltd. • York University • Zochem

CLIENTS

## WHY ERGONOMICS

*Musculoskeletal disorders (MSDs) not only hurt workers, but also corporate bottom lines. The average lost time injury costs more than \$98,000. MSDs account for nearly 50% of all lost time days, but can be alleviated with the implementation of appropriate ergonomic strategies*

## CUSTOMER QUOTES

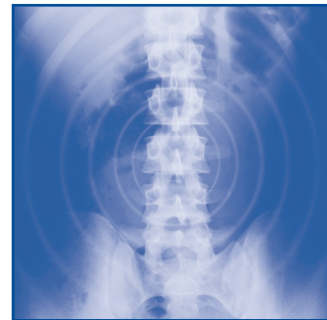
*"Excellent in all areas...from communication to professionalism, to caring to very helpful."*

Brenda Oerton, R.N.,  
Supervisor Health Services, Baxter Corporation



*"I appreciate when a contractor comes into our business unit to do a specific task, notices a significant hazard and reports it before leaving - great professional ethics. I'm impressed with your service and skills."*

Jon Harper, Health & Safety Manager,  
Algonquin Automotive



*"Very informative course. Exceeded my expectations. Instructor was very knowledgeable, professional and approachable."*

Rod Stevenson, Member JHSC,  
Bombardier Aerospace



Evaluating Risks in Growing Occupations Inc.

PROFESSIONAL ERGONOMIC AND INJURY  
MANAGEMENT SERVICES

HEAD OFFICE:  
tel: 705-436-4504 fax: 705-436-4619  
email: [downey@ergoconsulting.ca](mailto:downey@ergoconsulting.ca)  
[www.ergoconsulting.ca](http://www.ergoconsulting.ca)

ERGO Consultants are members of...



Association of Canadian Ergonomists  
Association Canadienne d'Ergonomie