



Corporate Services Musculoskeletal Disorder Prevention Training

Teach your employees Injury Prevention Strategies & Best Work Practices using ERGO's Interactive, Hands-on Education Programs

Learn from the professionals at ERGO Inc.



ERGO for Computer Users

1-3 hour education sessions for computer users. Guidelines and strategies for working safely and efficiently at a computer.



- Monitor, keyboard and mouse set-up
- The chair, including proper adjustment
- The environment – lighting, noise
- Equipment – document holders, headsets, etc.
- Workstation set up – desktops and laptops

I'd like to learn more.



ERGO Train-the-Trainer Office Ergonomics

1 day "How to Conduct Office Assessments" Certificate Workshop



Includes:

- Everything you need to know about office and computer workstation set up
- Fitting the user to the workstation – assess the work surface, monitor, keyboard, mouse, chair, etc.
- Case studies – workstation requirements for specific injury types – assess back, neck, shoulder, wrist injuries
- Take away an Audit Form to use at your workplace

I'd like to learn more.



ERGO Awareness

½ day - 2 day workshop for Supervisors, JHSC or Ergonomic Committees. Guidelines and strategies to assess and improve work processes and workstation set ups.



- Identify and measure hazards - force, awkward postures, repetition, static work, vibration, impact, cold
- Causes of MSDs and Ontario's MSD guidelines
- Workstation design and anthropometrics – layout, heights, reaches, material flow, sit and stand stations
- Engineering and administrative controls
- Complete an Ergonomic Risk Assessment of a task in your organization

I'd like to learn more.



ERGO Lunch and Learn Sessions

1-2 hour sessions focusing on how to reduce risk of injury while working in an office environment



Sessions Include:

- ERGO Computer Set Up 101
- Ergonomic Seating – steps to ensure proper sitting postures
- Upper Limb Safety at the Computer
- Proper Ergonomic Laptop Use
- Wellness and Stretching for Computer Users
- Back Safety in the Office

I'd like to learn more.

INFORMATION REQUEST FORM Send to ERGO Inc. via email downey@ergoconsulting.net or fax (705) 436-4619.

NAME

COMPANY

PHONE

EMAIL



Evaluating Risks in Growing Occupations Inc.

PROFESSIONAL ERGONOMIC AND INJURY MANAGEMENT SERVICES
tel: 705-436-4504 fax: 705-436-4619 email: downey@ergoconsulting.net
www.ergoconsulting.net

PLEASE NOTE

All courses can be customized. Training can range in length from 15 minute Safety Talks to 2 day interactive, hands-on sessions.



Evaluating Risks in Growing Occupations Inc.

MUSCULOSKELETAL DISORDER (MSD) PREVENTION SERVICES

ERGO Steps for an Effective MSD Prevention Program

Establish a Foundation for Success



- Set objectives, goals and budgets
- Educate upper management and employees on MSD prevention
- Develop a workplace specific MSD Prevention Policy and Procedure

I'd like to learn more...

STEP 1

Identify MSD Hazards



- Complete Physical Demands Assessments (PDAs)
ERGO Inc. assesses job demands using ERGO's PDA Job Matching Database for Return to Work and Accommodation
- Perform Job Task Hazard Analyses (JHAs) to identify main MSD hazards
- Educate on how to complete PDAs and JHAs

I'd like to learn more...

STEP 2

Conduct MSD Risk Assessments



- Complete MSD Risk Assessments
Ergo Inc. compares hazards with ergonomic standards to identify high-risk tasks and prioritize job improvements
- Educate on how to complete MSD Risk Assessments

I'd like to learn more...

STEP 3

Choose & Implement MSD Hazard Controls



- Workstation, task, tool and/or equipment engineering changes to eliminate or reduce hazards
- MSD Prevention Training and Best Work Practice Training for employees
- Post Offer Pre-employment Screening Programs
- Warm-up and Stretching Programs

I'd like to learn more...

STEP 4

Follow-up on & Evaluate Success of Implemented Controls



- Post Implementation Assessment
Ergo Inc. conducts a secondary assessment to determine if the chosen controls have sufficiently reduced the risk.

I'd like to learn more...

STEP 5

Communicate Results & Acknowledge Success

I'd like to learn more...

STEP 6

REFERENCE (MSD PREVENTION GUIDELINE FOR ONTARIO, 2007)

INFORMATION REQUEST FORM Send to ERGO Inc. via email downey@ergoconsulting.net or fax (705) 436-4619.

NAME

COMPANY

PHONE

EMAIL



Evaluating Risks in Growing Occupations Inc.

PROFESSIONAL ERGONOMIC AND INJURY MANAGEMENT SERVICES

tel: 705-436-4504 fax: 705-436-4619 email: downey@ergoconsulting.net

www.ergoconsulting.net