



Evaluating Risks in Growing Occupations Inc.

E-NEWSLETTER

JUNE 2009

## FEATURE ARTICLE

### PORTABLE ANTI-FATIGUE MATTING – WHAT THE RESEARCH SAYS.

As we are well aware, individuals who stand for extended periods of time at work can greatly benefit from anti-fatigue matting placed underneath their feet. This matting causes employees' bodies to sway slightly while standing, which encourages small changes to the musculature in the lower limbs, reducing discomfort and fatigue. However, anti-fatigue matting is not portable, so what can be done to aid employees who intermix walking and standing throughout the day?

ErgoMates are a footwear product designed to aid such employees. ErgoMates are worn over the employees' shoes creating 'portable' anti-fatigue matting.



A recent study conducted by the School of Human Kinetics at Laurentian University evaluated the effectiveness of ErgoMates on reducing perceived fatigue, discomfort, and pain when compared to employees' standard work shoes. The results of that study indicated the following significant findings when employees were wearing ErgoMates:

- Perceived decrease in foot fatigue and lower body/back discomfort.
- Energy level ratings increased at the middle of the day.
- Perceived pain in the feet, knees, hips, low back and overall back decreased.

Shoe insoles or orthotics are also often used by employees to combat fatigue and discomfort in occupations where significant amounts of walking occur. Additional research is necessary to compare ErgoMates to these methods for reducing fatigue and discomfort.

In occupations where employees are required to walk frequently (i.e. nurses, healthcare staff, custodians, etc.), anti-fatigue footwear such as ErgoMates has been shown to be beneficial in improving perceived levels of fatigue, comfort and pain making them a good solution for mobile workers.

## UPCOMING SEMINARS / EVENTS FOR 2009

### 1 DAY CERTIFICATE WORKSHOPS

**November 3, 2009, Barrie, ON**  
***Musculoskeletal Disorder (MSD) Prevention & Completing Ergonomic Risk Assessments***

**November 4, 2009, Barrie, ON**  
***Office Ergonomics – Preventing Musculoskeletal Disorders in an Office***

**November 5, 2009, Barrie, ON**  
***Completing Physical Demands Assessments***

To register or for more information visit our website [www.ergoconsulting.net](http://www.ergoconsulting.net) or call us at (705) 436-4504.

### OTHER EVENTS...

September 30 – October 1st, 2009  
**Schedule 2 Conference** Visit us at our booth for free Ergonomic Toolkits for your workplace

Marnie Downey, M.Sc., CCPE, CK will be speaking on Oct. 1<sup>st</sup>  
**Making a Business Case for Ergonomics – Quantifying the Benefits of Musculoskeletal Disorder Prevention**

Alexandra Stinson, B.Sc., will be speaking on Sept. 30<sup>th</sup>  
**Guidelines for Repetitive Work**

## ERGONOMICS IN THE GARDEN

ERGO TIP

Is gardening one of your summer hobbies? Ergonomics applies to all aspects of our lives so don't forget to think about Ergonomics when working in your garden too! Here are some handy tips to safely work in your garden this summer:

- ✓ A proper warm up is essential. Take a brisk walk prior to beginning your gardening and get those muscles ready to work!
- ✓ Use longer handled tools (i.e. hoes, spades) to allow you to work in an upright position and minimize awkward stooping postures.
- ✓ Use a wheelbarrow or cart to assist with transporting objects. Make more frequent trips with lighter loads to reduce strain on your back and shoulders.
- ✓ Instead of carrying, roll items to destination or use a tarp to drag them, if possible.
- ✓ While lifting, keep objects close to your body, carry them in front of you, and keep your spine straight (neutral).
- ✓ Take frequent mini breaks and incorporate stretching in to your gardening routine to minimize muscular fatigue and discomfort.



Telescopic handle garden tools

## WHAT'S NEW @ ERGO

### ALEXANDRA STINSON IS BACK!

ERGO Inc. is excited that our Manager of Ergonomic Services, Alexandra Stinson, has returned from maternity leave.



Alexandra's son, Finnegan is 7 months and doing great."

## WHAT OUR VALUED CLIENT'S SAY ABOUT US...

I'd like to congratulate and thank you for an STUPENDOUS Chapel today. It was extremely informative; practical and entertaining - which means, it will stick in many people's heads b/c it was humorous. I've come back to my desk - and made several changes based on Alexandra's presentation - and holy ergonomics - what a difference!

Thank you so much again - for a fantastic presentation that affects everyone's well being. GREAT JOB DONE!

**Joanne Ching Executive Assistant | Executive Vice-President, World Vision, June 2009**

## ERGO SERVICES & TRAINING MODULES

- ✦ Health & Safety Program Audit – Working with the WSIB Workwell Audit
- ✦ Joint Health & Safety Committee Training – Roles and Responsibilities
- ✦ Ergonomic & Injury Prevention Training for Libraries
- ✦ Computer Workstation Ergonomics Training

All ERGO training modules can be customized to meet your organization's needs. View our [website](#) to see a variety of other training modules offered.



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