



Evaluating Risks in Growing Occupations Inc.

E-NEWSLETTER

MARCH 2009

FEATURE ARTICLE

ERGONOMIC TRAINING IN HEALTHCARE ENVIRONMENTS



Nursing has one of the highest incidences of musculoskeletal disorders (MSDs), especially related to the low back. These injuries are attributed to the high volume of lifting, transferring, and repositioning of patients. What format of training is most effective in helping to prevent and reduce the risk of injury to our valuable nurses?

Effective training for healthcare professionals, such as nurses: should include:

- ☑ Education on the causes of MSDs and how it progresses
- ☑ How to identify MSD hazards in healthcare environments
- ☑ Group discussions on specific healthcare tasks:
 - ✦ Identify potential MSD hazards
 - ✦ Identify best work practices
 - ✦ Injury prevention strategies to reduce risk of injury in different scenarios, including engineering and administrative options
- ☑ Interactive, hands-on practice using case scenarios to review lifting, transferring, and repositioning techniques specific to nursing demands.



Practical education on injury prevention strategies for nurses is key in keeping our valuable healthcare professionals safe!

After the implementation of a training study by OHCOW (Schell & MacDonald, Evaluation of Minimal Lift Program), nursing staff reported an increased awareness of potential injuries and injury prevention strategies when performing lifts, transfers, or repositioning of patients. Educating staff to identify hazardous situations and choose appropriate methods and tools should be a primary goal.

UPCOMING SEMINARS / EVENTS FOR SPRING 2009

FREE 2-HOUR WORKSHOP

April 2 – Innisfil, ON. 12:30 – 2:30 pm
Making A Business Case for Ergonomics

1 DAY CERTIFICATE WORKSHOPS

May 5, 2009, Mississauga, ON
Musculoskeletal Disorder (MSD) Prevention & Completing Ergonomic Risk Assessments

May 6, 2009, Mississauga, ON
Office Ergonomics – Preventing Musculoskeletal Disorders in an Office

May 7, 2009, Mississauga, ON
Completing Physical Demands Assessments

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

OTHER EVENTS...

April 20-22, 2009 **IAPA Conference & Trade Show** Visit us at Booth 633. Jennifer McGillis, M.Sc., will be speaking on April 20, 2009 – **“To Stretch or Not to Stretch – Does stretching reduce workplace injuries”**

May 26, 2009. Marnie Downey, M.Sc., CCPE will be speaking at the **ESAO Conference** on **“Ergonomic Measurement to reduce injury risk at work”**

UNIVERSAL DESIGN – TIPS FOR LOGICAL BUILDING LAYOUTS

From "How to make the built environment accessible for all", Canadian Facility Management & Design, 2006

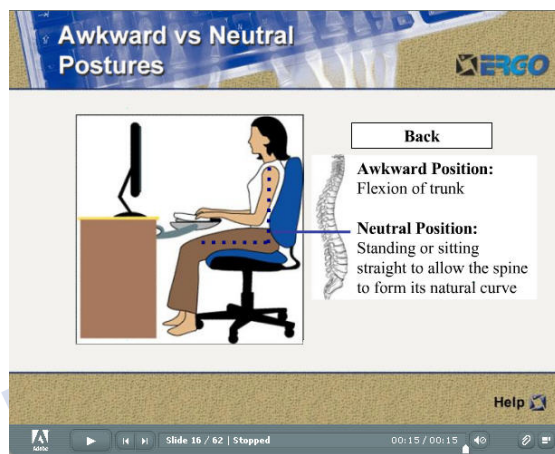
- Ensure consistency in the layout from one floor to the next
- Right angled as opposed to curved walls help with navigation and provide a point of reference
- Textural contrast and tactile cues underfoot provide information about different areas, the onset of stairs and blended curbs
- The use of dimmer switches helps to accommodate individual lighting needs
- Fluorescent overhead lighting can be used to create a line of sight down a hallway and to define the borders of a hallway
- The use of colour contrast can draw attention to signage, define doorways and corridors
- Furniture should be height adjustable with enough space underneath for a wheelchair or a guide dog
- Counters in reception areas should be at two heights: one higher counter for people with vision loss and one lower counter for people in wheelchairs

WHAT'S NEW @ ERGO –

OFFICE ERGONOMICS ONLINE

ERGO Inc.'s "**Office Ergonomics – Injury Prevention Strategies**" online training module is stimulating, informative and dynamic.

This fully narrated, 30-45 minute self-paced presentation has been designed to deliver critical ergonomic and injury prevention information for office staff anywhere, at anytime from a computer.

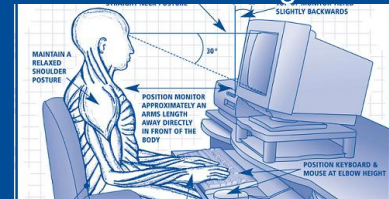


Our E-learning solution provides consistent information and instruction, thereby, reducing learning time and costs. Automation, graphics and audio in the course creates highly interactive demonstrations and simulations.

If you are interested in learning more about this E-learning module please give us a call.

TIPS ON ADJUSTING YOUR COMPUTER MONITOR

- ✦ Align your monitor directly in front of you.
- ✦ The monitor should be an arm's length away from you in your working position.
- ✦ The top of the monitor should be level with your horizontal line of sight.



- ✦ Wear bifocals? Adjust the top of the monitor 1-2 inches below your line of sight.



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PROFESSIONAL ERGONOMIC AND INJURY MANAGEMENT SERVICES

HEAD OFFICE:

tel: 705-436-4504 fax: 705-436-4619

email: downey@ergoconsulting.net

www.ergoconsulting.net



Member
ASSOCIATION OF CANADIAN ERGONOMISTS
ASSOCIATION CANADIENNE D'ERGONOMIE