



FEATURE ARTICLE

TAKING SAFETY SERIOUSLY IN 2011

With the start of a new year, many of us take a look at our personal lives to see how we can improve upon our lifestyle, character and/or well-being. Corporations should do the same thing.

Companies should start the year off in a positive direction and determine their Health, Safety and Ergonomic yearly objectives.

To get started, do some basic fact finding. Start by reviewing:

- Injury statistics
- Training records
- Employee comments or feedback
- WSIB costs

This review should highlight your company's needs and focus you in the right areas to start.

Common initiatives to improve Health & Safety may include:

- Training
- Return to Work Management
- Development of Policies & Procedures and Safe Work Procedures to improve work methods
- Conduct Ergonomic / MSD and/or Safety Risk Assessments

The best way to make an impact with your Health & Safety Program is to start with initiatives that will allow buy in and support from all levels of staff.

Outline your 2011 objectives and post them on your Health & Safety Board, with start dates and details to let your staff know your New Year Ergonomic & Health & Safety commitment.

We challenge you to set a Safety and Ergonomic challenge for this year. Let us know what it is. The best ones may be published in a future newsletter.

UPCOMING ERGO SEMINARS & EVENTS FOR 2011

CERTIFICATE WORKSHOPS

Completing Physical Demands Assessments (PDAs)

(1 Day)

Date: May 3, 2011

Toronto Area

Office Ergonomics – Preventing Musculoskeletal Disorders in the Office

(1 Day)

Date: May 4, 2011

Toronto Area

Ergonomics and Injury Prevention in HEALTHCARE, EDUCATION or MANUFACTURING

(2 Days)

Date: May 5 & 6th, 2011

Toronto Area

TO REGISTER

www.ergoconsulting.net

Bus: (705) 436-4504.

OTHER UPCOMING EVENTS

June 9th-10th, 2011

Ontario Occupational Health Nurse Association Conference (Ottawa, ON)

Jennifer McGillis will be speaking on **Participatory Ergonomics** – Involving employees in reducing musculoskeletal disorders.

HOW TO PRIORITIZE YOUR WORKPLACE ASSESSMENTS

If your objective this year is to be proactive and complete Physical Demands Analyses, MSD Risk Assessments or Job Safety Analyses on all of your organizations jobs prior to an injury; knowing where to start can help reduce costs and improve employee-management relations.

These types of assessments are often required when a workplace injury occurs. Why wait? Waiting slows down your return to work time, increases lost time benefits and demonstrates that you are not proactive in your approach to reducing workplace injuries.

Where should you start?

- ✦ Highest risk positions - areas causing most injuries and claim costs
- ✦ Area with the most people. With the completion of 2-3 jobs potentially 50% of the workforce could be reviewed..
- ✦ Lowest risk areas often pose the best opportunity for modified work. It is important to have assessments completed on these jobs to show job accommodation and return to work options.

ERGO LEARNING

Ergonomics Training for Computer Users

OFFICE ERGONOMIC SET UP – For employees

- ✦ 1.5 hour – ½ day format
- ✦ For all employees that use a computer
- ✦ Employees learn how to properly set up their computer workstation
- ✦ Employees complete a self evaluation to ensure proper set up of their monitor, keyboard, mouse and chair
- ✦ Based on CSA Office Ergonomics Guidelines

ADVANCED ERGONOMICS AND MSD PREVENTION IN THE OFFICE – Management and Health & Safety Professionals

- ✦ 1 day Train-the-Trainer format
- ✦ For Health & Safety Professionals, Committees, IT and Engineers that have an understanding of basic ergonomic principles
- ✦ Risk Assessment procedures using CSA standards and guidelines
- ✦ Workstation design principles
- ✦ Hands-on onsite assessments

Contact us today for an estimate or further information on any of our Office Ergonomic Workshops.

ERGO UPDATE

Feature Product ISE Steel Footrest



- Sturdy steel frame and steel platform combine strength and versatility
- Height adjustable from 4" to 16" in 1" increments
- Three tilt angles, 0, 10 or 20 degrees



Evaluating Risks in Growing Occupations Inc.

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