



Evaluating Risks in Growing Occupations Inc.

E-NEWSLETTER

MARCH 2010

FEATURE ARTICLE

HOW TO SOLVE WORKPLACE MSD HAZARDS USING A PARTICIPATORY ERGONOMIC APPROACH

Participatory Ergonomics (PE) means involving persons from all areas of a worksite in MSD hazard identification and problem solving.

How do you decide who should be included in the PE Team? A recent publication by the Institute for Work and Health indicates that workers, supervisors and other persons who will be directly affected by the intervention should be represented. Other team members could include:

- ✦ Advisors (i.e. OHS Members, HR Representatives)
- ✦ Technical Specialists (i.e. Maintenance, Engineers, Ergonomic Consultant)

A successful PE intervention involves more than just creating a team. Participation and support from upper management and other workplace employees is crucial. The more workplace members that are supportive of the process, the easier it will be to implement and make change. It is also important to ensure that departments such as maintenance and purchasing are involved, as they will be key to executing any recommendations made by the PE team. Without support from the organization, implementation can be delayed and worker support may fizzle.

When developing solutions, include everyone on the PE team in the decision making process and prepare a list of potential recommendations. By providing options to management regarding change, you increase the likelihood that a suitable recommendation will be found and decrease the time to implementation. This will ensure everyone's voices are heard and will help find the most effective and practical solution. Once a solution has been selected, it is important to assess the solution to ensure it will reduce the hazard or the concern with the work area.

<http://www.iwh.on.ca/pe-blueprint>

For more information on ways ERGO Inc. can assist you with developing a Participatory Ergonomics team, email us at downey@ergoconsulting.net.

UPCOMING ERGO SEMINARS & EVENTS FOR 2010

1 DAY CERTIFICATE WORKSHOPS

May 3, 2010 – Toronto, ON
Office Ergonomics – Preventing Musculoskeletal Disorders in the Office

May 4, 2010 - Toronto, ON
Completing Physical Demands Assessments (PDAs)

2 DAY CERTIFICATE WORKSHOPS

May 5- 6, 2010 - Toronto, ON
Musculoskeletal Disorder (MSD) Prevention in HEALTHCARE

May 5- 6, 2010 - Toronto, ON
Musculoskeletal Disorder (MSD) Prevention in EDUCATION

May 5- 6, 2010 - Toronto, ON
Musculoskeletal Disorder (MSD) Prevention in MANUFACTURING

OTHER UPCOMING EVENTS

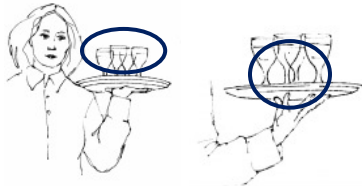
April 23rd, 2010 – Innisfil Town Hall
2 hr Free Seminar - Elements of a successful Safety Program – Are you prepared for a Workwell Audit?

May 1st & 2nd, 2010 – Barrie and Midland, Ontario
Steps for Life 5km Walk for Victims of Workplace Tragedy. More information on next page of this newsletter.

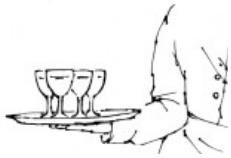
May 12th, 2010 – Hamilton, ON
Excellence in Manufacturing Consortium (EMC) National Conference: ERGO Inc. will be presenting on "Establishing an Effective MSD Prevention Program"

ERGONOMICS FOR SERVERS- CARRYING TRAYS

- ✦ Examples of awkward tray carrying postures:



Example of preferred tray carrying postures:



For injury risk reduction, the following posture modifications should be considered:

- ✦ Carry the tray with a straight wrist
- ✦ Support the weight of the tray on both the hand and forearm
- ✦ Ensure the upper arm is vertical
- ✦ Carry the tray as close to your body as possible
- ✦ Balance the load on the tray
- ✦ Alternate hands used to carry

<http://www2.worksafebc.com/Portals/SmallBusiness/WCBInitiatives.asp?ReportID=30932>

ERGO EVENT PROMOTION



Looking for a new way to connect your health and safety program with your employees?

Enter a team to walk in the Steps for Life – Walking for Victims of Workplace Tragedy event. The walk launches the North American Occupational Safety and Health week.

Steps for Life is a fun annual 5 km fundraising and awareness walk in support of families of workplace fatalities, life-altering injuries and occupational diseases. The walk raises awareness about the devastating ripple effect of workplace tragedy and the importance of workplace safety. It's also a powerful way for family members to take positive action as part of their healing process. The walk raises needed funds for the Threads of Life Family Support Program. Last year the walk raised more than \$158,000 in cash. This year they are hoping to exceed this target.

Barrie Waterfront – Saturday May 1st, 2010 at 11am
Midland Waterfront – Sunday May 2nd, 2010 at 11am

The following links provide additional information for this great event

Steps for Life Brochure

<http://www.threadsoflife.ca/Steps%20for%20Life/2010StepsforLifebrochure.pdf>

Threads of Life homepage

<http://www.threadsoflife.ca/>

ERGO UPDATE

ERGO INC. AUTHORS ERGONOMIC DOMAIN OF THE BCRSP STUDY GUIDE

- ✦ ERGO Inc. was pleased to author the Ergonomic Domain for the Board of Canadian Registered Safety Professionals Study Guide.
- ✦ The domain includes information on:
 - Ergonomic Regulations
 - Musculoskeletal Disorders
 - Hazard Identification
 - Ergonomic Assessment Tools
- ✦ For further information about the BCRSP visit <http://www.bcrsp.ca/>



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