



Evaluating Risks in Growing Occupations Inc.

E-NEWSLETTER

MARCH / APRIL 2011

FEATURE ARTICLE

REDUCE SHOULDER CLAIMS BY REDUCING OVERHEAD WORK

Shoulder injuries account for a significant portion of lost time claims (approximately 5700 per year) and the cost to employers ranges from \$1850-\$10,500.

Although not all shoulder related claims are related to above shoulder work, it is important to note that the injury risk to the shoulder increases by 3-5 times with this type of work.

Ideally, we should design out all above shoulder work in the workplace. However, sometimes this type of work is required due to the nature of the equipment or task (i.e. a mechanic working under a vehicle).

To reduce job demands associated with overhead work, the following should be considered:

- ✦ Perform overhead work for a maximum of 10% of the shift
- ✦ Shoulder postures of less than 60 degrees are optimal
- ✦ Decrease reach distances as much as possible
- ✦ Avoid work performed in a horizontal direction; overhead work in a downward direction is preferred
- ✦ Lower the force requirement of the task as much as possible
- ✦ Avoid precision work

We recognize that employers may not be able to have a positive impact on all of the factors listed above. Injury risk reduction should be considered on a sliding scale. Lowering the job demands for one of these categories should have a positive impact on injury risk for the task. Lowering the job demands for 2 of these categories should result in greater injury risk reduction.

When looking to make change in your workplace, consider using both an Ergonomics professional as well as a participatory approach. Ask your employees for suggestions on how to improve their task. As the 'experts' at their jobs sometimes they have the most insightful solutions.

Contact ERGO Inc. if you would like an assessment on how to reduce injury risk to the shoulder or overhead work.

www.ergoconsulting.net

UPCOMING ERGO SEMINARS & EVENTS FOR 2011

CERTIFICATE WORKSHOPS

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

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

Ergonomics and Musculoskeletal Disorder (MSD) Prevention in HEALTHCARE

Ergonomics and MSD Prevention in EDUCATION

Ergonomics and MSD Prevention in MANUFACTURING

All courses May 5-6, 2010 - Toronto, ON

Visit www.ergoconsulting.net for further information or to register or call our office at 705.436.4504.

OTHER UPCOMING EVENTS

Ontario Occupational Health Nurse Association Conference

ERGO Inc. will be speaking on Participatory Ergonomics - Involving Employees in Reducing Musculoskeletal Disorders.
June 10th, 2011 – Ottawa, ON

Steps for Life Walk – April 30th (Barrie) & May 1, 2011

The 8th annual walk takes place on April 30th in Barrie and May 1st in other areas. Threads of Life is a not-for-profit organization dedicated to supporting families who have suffered from a workplace fatality, life-altering injury or occupational disease. Please consider participating in this worthy cause. Contact 1-888-567-9490 or visit www.stepsforlife.ca.

SAFE KNIFE USE and ERGONOMICS

If you work in an industry that uses knives, you probably already complete 'Safe Knife Use' training with your employees. However, that training may or may not cover the ergonomics component of using knives at work. Knife use can create the following ergonomic issues and training should focus on how to reduce:

- ✦ Awkward hand/wrist postures
- ✦ Static gripping
- ✦ Forceful gripping

Training on Safe Knife Use should include education on ergonomics. Proper work methods that reduce awkward wrist postures should be demonstrated and practiced. Research has also shown that sharper knives decrease the grip force required to handle the knife and may also improve efficiency (decrease the cutting time). When training, explain the reasons why knives should be sharpened regularly; not just for better cutting but also safety of the employee. Contact us today for **Safe Knife Use Ergonomic Education**.

ERGO NEW SERVICE

ERGO LEARNING FOR CORPORATE SERVICES

Ergo Inc. has recently released a new series of training courses designed specifically for Corporate Services. We drew on our experience in this sector to identify some specific focus areas for training and have customized a series of courses to educate your staff:

ERGO for Computer Users

- ✦ 1-3 hour education session for computer users. Guidelines and strategies for working safely and efficiently at the computer.

ERGO Train-the-Trainer Office Ergonomics

- ✦ 1 day "How to Conduct Office Assessments" certificate workshop.

ERGO Awareness

- ✦ ½ - 2 day workshops for Supervisors, Managers, Joint Health and Safety Committees or Ergonomics Committees. Guidelines and strategies to improve work processes and workstation set-up.

ERGO Lunch and Learn Sessions

- ✦ 1-2 hour sessions focusing on how to reduce risk of injury while working in an office environment.
 - Computer set-up 101
 - Ergonomic seating
 - Upper limb safety at the computer
 - Ergonomic laptop use

Call or email us today for more information or to book your session.

ERGO UPDATE

NEW WEBSITE COMING!

- ✦ ERGO Inc. has recently launched a project to update and create a fresh new look for our website.
- ✦ Our website will continue to have all the downloads, surveys and other information that you have come to expect with some exciting new features.

If you have suggestions about what you would like to see or tools you think would be helpful to you, our clients, we would like to hear from you. Please contact us with your ideas and suggestions.



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PROFESSIONAL ERGONOMIC AND INJURY
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