



Learn from the professionals at ERGO Inc.

# HealthCare

## Musculoskeletal Disorder Prevention Training

Teach your employees Injury Prevention Strategies & Best Work Practices using ERGO's Interactive, Hands-on Modules



### ERGO for Caregivers (RNs, RPNs, PSWs)

Ergonomic patient handling tips and guidelines



**Best Practices Modules:**

- Lifts and transfers including: sit to stand, pivot, repositioning in bed, toileting, bathing
- Use of lifting equipment
- Carrying and handling of supplies
- Spiking IV bags

*I'd like to learn more.*



### ERGO for Custodial and Cleaning Tasks

Identify hazards associated with Custodial work  
Ergonomic equipment options



**Best Practices Modules:**

- Mopping
- Wiping surfaces
- Garbage and laundry collection
- Moving furniture and equipment

*I'd like to learn more.*



### ERGO for Laboratories

Laboratory safety and ergonomic guidelines



**Best Practices Modules:**

- Workbench and computer layouts
- Biosafety hoods
- Pipetting
- Microscope use
- Material handling and storage areas

*I'd like to learn more.*



### ERGO for Administrative Staff

Guidelines and strategies for safely and efficiently working at a computer workstation



**Best Practices Modules:**

- Monitor, keyboard and mouse set-up
- The chair, including proper adjustment
- The environment – lighting, noise
- Workstation set-up

*I'd like to learn more.*

**INFORMATION REQUEST FORM** Send to ERGO Inc. via email [downey@ergoconsulting.ca](mailto:downey@ergoconsulting.ca) or fax (705) 436-4619.

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Evaluating Risks in Growing Occupations Inc.

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### PLEASE NOTE

All courses can be customized. Training can range in length from 15 minute Safety Talks to 2 hour interactive, hands-on sessions.