



# Manufacturing Musculoskeletal Disorder Prevention Training

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

Learn from the professionals at ERGO Inc.



## ERGO for Manual Material Handlers

Guidelines and strategies for safe manual material handling



**Best Practices Modules:**

- Safe lifting, carrying, pushing and pulling
- Gripping and handling
- Workstation set up
- Warm-ups and stretches

*I'd like to learn more.*



## ERGO for Assembly Workers

Guidelines and strategies for safely working in repetitive assembly type tasks



**Best Practices Modules:**

- Continuous flow conveyors
- Work cells
- Repetitive and static work
- Gripping and handling
- Warm-ups and stretches

*I'd like to learn more.*



## ERGO for Engineers, Designers and Safety Committees

Guidelines and strategies to assess and improve the work processes, set ups and environment using Ergonomic guidelines and risk assessment tools



**Best Practices Modules:**

- Identify and measure hazards - force, awkward postures, repetition, static work, vibration, impact, cold
- Causes of MSDs and Ontario's MSD guidelines
- Workstation design and anthropometrics – layout, heights, reaches, material flow, sit and stand stations
- Engineering and administrative controls
- Ergonomics and lean manufacturing

*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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### PLEASE NOTE

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