

A bi-monthly publication from
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Karen's Ergo Success Story: An "uplifting" experience!

Before



After



Concern: Grind operators were required to manually transfer parts between the grinding machines. Back bending was required to retrieve ground parts from the lower eject rail. Operators lifted as many parts as they could onto one forearm (as shown). An analysis of lifting from the eject rail **found that these demands exceeded strength guidelines for the wrist, elbow, shoulder and the back.**

As an interim measure, operators were instructed not to transfer more than two parts per hand to keep the lifting conditions within acceptable limits.

Solution: A lift assist was provided to allow operators to transfer a whole row of parts at a time between grinding machines. This change eliminated heavy lifting, minimised awkward back, shoulder and wrist postures, and improved the efficiency of the job (i.e. the time spent transferring parts between the grinders was reduced).



Busy as bees

We are looking for an ergonomist to join our team. Please forward all resumes to ctv@taylordergo.com or mail to our main office at 1400 Northumberland St., P.O. Box 1107 Ayr, ON N0B 1E0.

Your One Stop Shop for the Laptop

Laptops were designed for individuals whose jobs required them to be “mobile”, but still work and stay in touch with the main office. Unfortunately, this trend has presented a whole host of challenges to an individual attempting to work with a laptop in a variety of environments, in an “ergonomic” manner (e.g. board room table, kitchen or dining room table, or on your lap). No matter how you slice it, a laptop just isn’t as “ergonomic” as a good old separate monitor, keyboard, and mouse.



To set up a laptop to encourage good body postures:

Use an external keyboard and mouse whenever possible; this allows you to set the keyboard and mouse at elbow level and to set the laptop screen at eye level.

Tilt the laptop by using a stand built for this purpose, or large empty binder, to improve shoulder and wrist postures when working on a table, while minimising neck bending to view the screen. Tilting also lowers the front edge of the laptop, which helps to reduce contact stress (pressure) on the undersides of the wrists and forearms.



Be creative! Your ironing board is a perfect height-adjustable (and portable) work surface and is better than the kitchen table. A laptop pillow insulates/buffers the heat transfer to your lap and provides a solid surface to support your laptop while you are lounging in front of the TV!

Carting your laptop around:

Portability is an advantage to having a laptop, but carrying a laptop, laptop accessories, and associated files in a shoulder bag can result in neck, upper back, and shoulder discomfort.

Consider using a “mobile” office case (i.e. roller bag) to pull, rather than carry, your equipment from place to place.

If a shoulder bag is more convenient, switch sides frequently to minimise the demands on one shoulder.



The future of laptops:

A wireless laptop allows you to connect to networks without the use of the external modem and cables. Fewer cables mean less weight to carry. Wireless technology allows you to use accessories, like an external mouse or presentation pointer, without the hassle of cables.

Extendable monitors allow you to adjust your screen higher.

A detachable and wireless keyboard will allow you to position your keyboard separately from your screen (perfect for lap typing or controlling presentations remotely from afar). Dell shows a full sized removable keyboard with numeric keypad and built in touch pad, which allows individuals with a wider shoulder width to work with their arms more in line with their shoulders (laptops tend to be small and narrow and larger people tend to scrunch up to work at them). These units were meant to replace the desk top and occasionally be transportable; their 18 lb weight makes them less ergo-friendly for carrying.

New technology has allowed the laptops to become smaller and lighter. However, in some models, screens have become larger (16” to 21”) with such a superior resolution that glare is rarely a problem. As a result, some laptops are now heavier than previous models (9.5 to 18 lbs) and don’t run as long on battery, but for the older of us, the size of the screen and the clarity may be well worth the weight.



Word in word

More than 50 words can be made with the letters in the word **laptops**. See how many you can find.

Rules: All words must contain three letters or more, and each of the 7 letters can only be used once per word.

Good luck!

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On-Site Ergo, and ****new**** “On-Site Lite”

We've been offering our on-site ergo program for over three years now, with great feedback. Each ergonomist has several “on-site ergo” clients that s/he visits for a day every week. We spent some time at our summer retreat discussing how we can serve these clients even better. These are the changes that we have planned for 2007:

Weekly on-site ergo clients will now receive:

- **Monthly bulletin board theme panel updates:** We bring in a bulletin board at the start of the project, and we update the “ergo thought” every week. We've upgraded the frequency of theme panel updates to monthly; every month the board will feature new info on a different ergo topic.
- **Quarterly contests AND awareness sessions:** By popular demand, we've doubled the frequency of our awareness initiatives. Every quarter, on-site ergo clients will receive our awareness contest handouts and prizes, as well as an awareness seminar on a topic from our “menu” list.
- **A 25% discount on all training:** To encourage clients to use training as an integral part of their programs, we've broadened the training discount for both open enrolment courses and on-site training. This discount will also apply to our office ergo e-learning program, and other awareness materials such as posters.
- **More program templates:** We'll have more to offer, including an “ergo policy”, lifting coaching plans for your ergonomist to customise and deliver, status logs, suggestion logs, priority systems, purchasing guidelines, heat stress prevention programs, and more.
- **Discounted fees** for additional projects (beyond one day per week).
- **The same great bonus services as 2006**, including: ergo survey processing in our office, vendor and technical research reviews in our office, regular progress reports, a site visit from our team every year, and peer reviewed reports.

New “On-Site Lite” program

We recognise that not all clients have the budget available to have an ergonomist on site every week. To meet that need, we've designed an “on-site lite” program. This program includes less-than-weekly site visits (24-44 weeks/year) instead of weekly. The bonus services are virtually the same as our current (2006) on-site ergo program:

- Bi-monthly theme panel updates
- Bi-annual contests (summer and winter) and bi-annual awareness seminars (spring and fall)
- 20% discount on training, e-learning, and posters
- Access to all of our program templates and bonus services

Coming soon....”On-Site Ergo – Corporate Edition”

We're also working on a “corporate edition” of our on-site ergo program, which will allow corporate clients to share an ergonomist and all of the bonus services between different sitesstay tuned for info on our web page or call Carrie for details!

If you are a current on-site ergo client, Carrie will be sending you info on our 2007 package very soon. If you're interested, please contact us!

Upcoming Workshops

- 🕒 Lifting Tips November 8, 2006
- 🕒 Ergo Design November 21-23, 2006
- 🕒 Office Ergo December 6, 2006
- 🕒 Physical Demands Description January 9-10, 2007

Please see our website www.taylorergo.com for details, and a registration form, or call the office at 519.632.5103

Ergo Thought:

Obstacles are those frightful things you see when you take your eyes off your goals.

unknown



Sweatshirt Draw

We held a draw to give a sweatshirt to one of the many people who sent us address updates. Congratulations to Joanne Fairley with Woodbridge Foam Corporation in Woodbridge, who earned a sweatshirt in this month's draw. If your mailing label is not correct, please fax or email us with a correction.



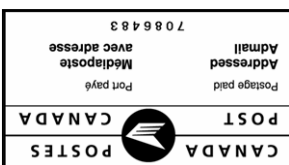
Rachel weds long, long, long time sweetheart Jeff

In December, after 7 years, 364 days of dating, Rachel and Jeff were finally engaged. (Jeff met his 8 year deadline!) Rachel Freeman, now Rachel F. Mitchell, married Jeff on Saturday, September 2nd, 2006. The happy couple travelled to Greece for their honeymoon.....but an ergonomist never really takes a break. In selecting the vehicle for their trips along the beach, Rachel used our Vehicle Selection Checklist....do you agree that this was a good "ergo fit" for her? Visibility? check! Lumbar support? hmmm.....



Our webpage is having a makeover!

In November we will be launching our new website. Check out www.taylordergo.com for information on our services, workshops, newsletters and much more. During the transition our old website will still be up and running.



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