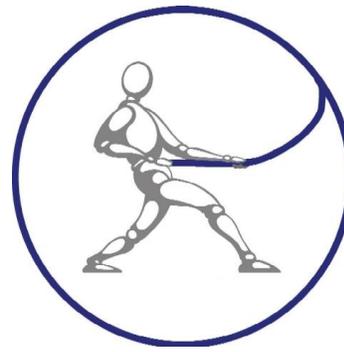


www.taylordergo.com

Taylor'd Ergonomics Incorporated



ergo awareness products

why purchase ergo awareness products?

In order to maintain the momentum of a successful ergonomics program, employers need to frequently remind employees of the benefits of ergonomics. These products, in conjunction with a solid ergonomics process, can help to keep ergonomics on everyone's minds. Products focus on work-related ergonomics topics, as well as how ergonomics can be applied at home and at leisure.

What is the COST?

Product pricing is provided in this document. Contact Carrie in our main office for volume pricing (more than 10 of any one item), or shipping estimates, at [519.623.7733](tel:519.623.7733), or info@taylordergo.com.

Invoicing/payment may be made through purchase order, or online through paypal (all major credit cards accepted).

posters

Lifting tips poster

We've created a series of 15 lifting tips that provide guidance for your material handling team on how to lift safely to avoid back injury.



Office ergo poster

This poster takes employees through a clear, step-by-step process to adjust an office workstation to optimize productivity, comfort and safety.



Driving poster

This poster describes how to optimise the adjustment of a vehicle seat. It includes a step-by-step process to ensure that the back is supported, and the driver is sitting in a symmetrical, comfortable driving posture. The poster is ideal for all of your fleet's drivers.



Stretching poster

This poster demonstrates stretches for the joints and major muscle groups that are used in both office and plant environments. We have only included stretches that can be performed while standing or sitting. The poster also provides instructions about how and when to stretch.



Our stretching, safe lifting, office adjustment, and driving posters are all printed on heavy card stock. They feature the high quality graphics and sound ergonomics advice you've come to expect from Taylor'd Ergo.

Regular price:

\$8.00 each

Volume discounts:

10-24 posters, \$3.60 each

25-99 posters, \$3.00 each

100+ posters, \$2.40 each

(Please visit www.taylordergo.com for info on our "ergo face-2-face" workshops for training that can be provided to accompany the posters.)

ergo extras

Over the past 15 years, we've developed over 150 one-page awareness sheets on topics ranging from aging and ball chairs, to wheels and wedges. Some are "articles" that can be used to raise awareness or respond to specific issues, and others are puzzles that can be used to generate involvement during ergo, safety, or wellness awareness campaigns. The license fee allows you access to view all of these pages. You select the ones you want, and then we customize them for you (add your logo, modify as requested), charging you only for the time it takes to do so. (Note that customization is not optional, as your company name must appear on the sheets you distribute.)

A small sampling of our topics:

Articles:

- The mighty lumbar roll
- Move it – Gadgets and tips for moving Dualling monitors
- Texting thumbs, shoulders, and neck...
- Anthrobesity
- Stretching at work
- Industrial athletes (Signs and symptoms of MSDs)
- The trouble with tablets
- Back belts: Why not?
- Driving in comfort
- Buying a new vehicle? Check this first!
- Alternative seating (kneeling/ball chairs)
- If your body had an owner's manual
- Do lefties get 'left' out?
- Designed for women

Puzzles

- Too heavy to handle - quiz
- Back to school - word search
- "When pigs fly sweat?" - heat stress maze)
- "Dig it" - shoveling, match tool to task)
- Golfing puzzle - word search
- Driver distraction - crossword puzzle
- Back injury prevention - cryptogram
- Aging - magic squares
- A table fable - crossword
- 5 Ways to lift safely - circle best choice
- Ode to custodians - word search
- Hike and bike - word search
- Energy: How much work does it take to burn off a burger fries and cola?
- How does PPE affect ergonomics - fortune teller
- Before ache becomes injury - scramble
- Sitting is killing you – word search

\$480 license fee, plus customization time

ergo promo items (used as giveaways/prizes)

These products can be used to reward people for entering a contest or draw, or to increase participation in an ergo awareness campaign. (Pricing is per unit. HST and shipping are additional. Volume discounts may apply.)

Four white **golf tees** with a matching ball marker (Great for promoting a "golfer's lift!")



\$2

Jar opener (and so much more!)



\$3

1-litre **water bottle** with "ergo" graphics (BPA-free, great for promoting hydration during heat stress season!)



\$6

Grocery tote, with "ergo" shopping instructions



Clearance priced: \$2

Sling bag, (great for beach or shopping trips!)



\$3

Lunch bag, with "ergo" reminders



\$9

Blue **travel tumbler** with "driver ergo" graphics



\$10

Tool light (screwdriver, level, and flashlight)



\$6