

share the message

Taylor'd Ergo has developed a huge repertoire of ergonomics resources that would augment your ergonomics program.



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.



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 Adjustment 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.

Our stretching, safe lifting, office adjustment, and driving posters are all printed on heavy stock. They feature the high quality graphics and sound ergonomics advice you've come to expect from Taylor'd Ergo. Posters are available at discounted rates when you purchase in volume. Credit card purchases are now possible for your convenience.

Regular price:

\$5.00 each

Volume discounts:

10-24 posters, \$3.60 each

25-99 posters, \$3.00 each

100+ posters, \$2.40 each

Awareness sessions

One-hour awareness sessions can accompany the delivery of each type of poster. Most sessions include some **hands-on practice** of the concepts, with an emphasis on proper technique. Your employees also have an opportunity to ask questions of an ergonomist. (We offer a list of over 20 different awareness session topics. Call for more info!)

\$650 per session, plus mileage

Setting the standard for ergonomics excellence since 1995.

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Lifting Train-the-Trainer Workshop

In combination with the poster, our one-day Train-the-Trainer Lifting Tips workshop will provide your team of trainers with the skills to coach others, and provide templates you can use to roll out an ongoing safe lifting campaign in your facility. (Available on-site, or in open enrollment format. See the calendar for dates. Register and pay through our website.)

\$2150 per session, plus mileage and course materials

Driver Ergo Workshop

Our one-day Driver Ergo workshop and poster will provide resources to drivers and managers to address the ergo issues associated with driving, including vehicle selection. (Available on-site, or in open enrollment format. See the calendar for dates. Register and pay through our website.)

\$2150 per session, plus mileage and course materials



Ergo extras

Over the past 10 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 awareness campaigns. The licence 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 needed), charging you only for the time it takes to do so. (Note that customisation is not optional, as your company name must appear on the sheets you select for distribution.)

\$480 licence fee, plus customisation time



See our website for info about our ergo promotional material, and watch our blog for the latest news!

www.taylordergo.com

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