Vanesa Reider

Taylor'd Ergonomics Incorporated

Mississauga

Education

Master of Science in Occupational Biomechanics, York University, 2012

Bachelor of Science in Kinesiology
York University, 2009

Work history

March, 2013-present
Ergonomist
Taylor'd Ergonomics Incorporated

2012-2013 (4 months)
Volunteer Ergonomist
York University

2010-2012
Occupational Biomechanics Researcher
York University

2009-2011
Laboratory Instructor
York University

2008-2011
Occupational Biomechanics Research Assistant
York University

2011-2012
Kinesiologist/Chiropractic Assistant
Advanced Wellness and Sports Injury Centre, Toronto

Industry exposure

Vanesa has work experience in the following industries: office, bakeries (packaging, mixing, palletising), construction, and custodial

Key competencies

- Data collection, including dimensional, layout, interviewing skills, survey, force measurement and force matching, posture identification and movement summary
- Biomechanical analysis, including 3D Static Strength Prediction, Handpak, duty cycle calculations, and manual strength/load moment calculations
- Manual handling analysis, including NIOSH manual handling equation and Liberty Mutual tables, including corrections from various references
- Upper limb analysis, including RULA, and the Hand Activity Level
- Report writing, using Taylor'd Ergonomics protocol for office assessments, physical demands descriptions, ergonomics assessments, and progress reports
- MS Office (Word, Excel, Power Point, Outlook)

Projects

As an ergonomist for Taylor'd Ergonomics, Vanesa manages the following projects:

Industrial ergonomics and physical demands descriptions (PDDs)
Vanesa has completed PDDs and ergonomics assessments.

Office assessments
Vanesa completes office ergonomics assessments for workers who sit at computers for most of the day.

Office ergo awareness training
Vanesa facilitates our two hour office ergonomics seminar, showing people step-by-step how to adjust their chairs.

Demands-abilities evaluations
Vanesa has been trained to compare the demands of proposed return-to-work jobs against specific workers' capabilities.

On-site ergonomist
Vanesa is the ergonomist for two bakeries. She visits each site on a bi-weekly basis to manage all aspects of their ergonomics programs. In this role, she completes PDD and ergonomics assessments, and has also started to provide ergonomics design input for new constructions.

© Taylor'd Ergonomics Incorporated, 1400 Northumberland Street, Box 1107, Ayr, Ontario N0B 1E0 phone 519.632.5103 fax 519.632.7469