



taylor'd ERGO TIMES



Projects that Rock our Ergo World

Our Friday team discussion have centered around some really interesting projects. We thought we'd share some of these, hoping that one or two might tweak your interest. Can we help you with something similar?



I can't drive *that!* (Addressing vehicle concerns)

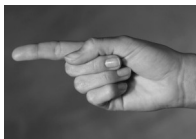
We've been working with drivers in buses, cars, minivans, and trucks to help them to optimize the adjustment of the driver compartment. We're also involved with municipalities to address a backlog of medically restricted workers who are not able to drive all of the buses in the fleet. (Actually, Karen presented a paper at the annual ergo conference in Banff on this topic...see our web page for details.) End results: drivers are safer and

more comfortable, most drivers are able to drive the vehicle they were assigned, and some legitimate fit issues have identified and addressed.



Penny Nickel solutions for office ergo (seminar and walkthrough)

Several clients have asked us to send an ergonomist to present a one hour office ergo seminar (sometimes customized for them). Following the session, each employee has access to the ergonomist for 10-15 minutes, to help them to implement the suggestions they have just heard about. We still promote that a "full assessment" should be done for anyone with significant discomfort or a reported injury, but this approach can provide support to a large number of people in minimal time.



One-handed job design

We've been working on modifications to a subassembly job that involves bundling small components with elastics, so that it can be completed entirely with one hand.

This will accommodate a worker who is returning from carpal tunnel surgery. Return-to-work support is an area of strength for us. We

Customer feedback:

"I just wanted to let you know that [the ergonomist] did a wonderful presentation today for us. I have heard from many of our staff how professional and knowledgeable she is.

Everyone is eager to try the tips and recommendations she provided; and some have already begun to change their set up at their desk.

I'm sure this has educated people on the optimal set up of their workspace, and will help alleviate some neck, back, shoulder and eye strain.

Thanks again.

Our mission:

Inspiring, building, and supporting partnership between your organisation and our innovative team to advance ergonomics excellence.

Our team:

Carrie Taylor
M.Sc., CCPE, CPE
Principal Ergonomist
Cambridge, ON

Karen Hoodless
M.Eng., CCPE, CPE
Operations Manager/Ergonomist
St. Marys, ON

Annie Barnwell
MSc., CCPE
Ergonomist, London, ON

Andrew Strathearn
B.Sc.(Hon.Kin.), AE Candidate
Ergonomist, Cambridge ON

Vanessa Reider
MSc., AE Candidate
Ergonomist, Mississauga, ON

All of our ergonomists are members of:





communicate with health care providers to chisel out quantitative descriptions of employee's capabilities, so we can ensure that their needs are being met.



Design and follow up

We've been encouraged by the number of proactive design projects that we've been involved with lately. Our ergonomist meets with the engineer to gain an understanding of the project, and then uses our design guidelines to provide recommendations to optimize the design of the worker-machine interfaces. The ergonomist later reviews the equipment at various stages to ensure that, once it's in production, heights, reaches, clearances, tools, etc. have all be optimized. We've used this process recently at several bakeries and manufacturing sites.

Customer feedback:

"[The ergonomist] was keen to speak to employees and many of the discussions were valuable in their content. The report was easy to read and was presented in a user-friendly format, and pictures are always welcome as a visual aid to support the content. Thank you for your excellent service, professional approach, and efficient delivery—well done."

personal support worker, plus a host of more "routine" and repetitive jobs.

Risk index <1.00

"Under orders" to complete ergo assessments?

Some of our clients have been ordered by the Ministry of Labour to complete assessments. While this might not be the most

pleasant reason to request our assessment, these types of quantitative (go, no-go) assessments have always been a strength for us. Unlike other ergonomists, we are not reluctant to compare exposure to guidelines, and report the risk of injury quantitatively, so you can prioritize effectively.

Risk index >1.00

Customer feedback:

"The ergonomists were well received at the facility. They were professional and aware of proper etiquette in a manufacturing facility. They worked directly with operators to develop solutions that were feasible in real life, not just on paper. I was a little skeptical that the report was going to provide solutions that were very expensive. However, I was pleased that the solutions were straightforward, simple, and cost effective."

Let us do the heavy work (force testing)



One of our ergonomists has been measuring forces for prototype equipment that we hope will reduce pull forces. Another similar project involved measuring push forces for foot pedals in a new bus. (Think about the challenges of taking those measurements!) Some of our clients have ergo teams but no expensive calibrated equipment, so we come in for a few hours with our force gauges, grip dynamometers (shown), and pinch gauges, to measure forces that the team needs to support their assessments.

Customized lifting tips seminars



We've recently customized seminars for manual handlers in

warehousing, theater (stagehands), and food processing. Employees learn about AND practice lifting the items that they actually handle every day, and they get feedback on how they are doing.

Best practices identification and training



Two recent projects have involved identifying best-practices for one specific task within a job, assessing how and why these practices are safer, and then developing guidelines and

training to ensure that all workers are able to use the safest method.

Physical demands descriptions for "odd" jobs (PDDs)



We continue to produce PDDs that are more quantitative and thorough than our competitors, for an ever-widening range of jobs. PDDs have recently been done for these job titles (and more): diamond drill operator in a mine, truck driver, health care aide for a long-term care facility, electrical instrumentation technician, cook, wig-maker (see photo on front page), picking and receiving in a warehouse,

Pre-Re-locations



A few proactive clients have called us prior to a big office or call center move, to ensure that the new office incorporates ergo design guidelines. We have been able to assist in furniture and equipment selection, and layout.

When feasible, we measure each employee to ensure that the installers can pre-adjust the work surfaces to suit each employee, before they even arrive at the new workstation!

Newsletter logistics...

Electronic: We're happy to send you a hard copy if you prefer to read it on paper, but we also distribute the newsletter electronically. You can also download it from our website at www.taylordergo.com Just let us know your preference!

Your address: If your mailing address is incorrect, please let us know by emailing (info@taylordergo.com or faxing (519 632 7469) a correction. We'll enter you into a sweatshirt draw. Congrats to Christine Fraser, of Bothwell Steel, who earned a shirt this month by requesting an electronic copy of the newsletter.

After you've read it: Please send the newsletter along to a colleague, post it on your safety board, take it home for your family, or leave it in your lunch room. When everyone is done with it, please recycle!



Ergo conference in Whistler!

In October, our team travelled to Whistler, BC for our annual Association of Canadian Ergonomists conference. We presented 4 papers, learned lots from our colleagues, and enjoyed the mountains.



Free Ergo Speaker

If your professional association is looking for a speaker on an "ergo" topic, please contact Carrie in our office. We would be happy to come out to speak with your colleagues! (Of course, we're hoping that some of them might ask about our services after the presentation.) If you are within an hour radius of one of our offices, we can probably come at no charge!



Congrats, Carrie & Mike!

In September, Carrie married Mike Gregory, a Civil Engineer originally from the Niagara area. (You may have noticed the return to her original surname of "Taylor".) Mike and Carrie are settling into their newlywed routine, which includes five (yes, five!) teenagers.

Task analysis for wedding planners

Mike, Carrie, and Carrie's sister, Cathy, organized the wedding just as we would plan any project, or analyse any job...step by step! The tasks below, listed in the order they were performed, are hidden in the puzzle, without spaces. (You might get a sense of how the wedding went, as you work your way through the "to do" list.)

- | | | |
|-----------------------|-----------------|-------------------------|
| SAY I WILL | ROAST PIG | DODGE RAIN |
| SEND INVITES | REPAIR TENT | SMILE |
| ORDER TENT | CHECK LIST | SLIP ON MUD |
| PICK RING | ORDER MORE FOOD | DO NOT FALL |
| CREATE MENU | REPRINT PLAN | RUN DOWN ROAD |
| COUNT GUESTS | BUTTON DRESS | EAT FOOD |
| PICK MUSIC | GRIP BOUQUET | CLEAR TABLES |
| BUY DRESS | BREATHE | THANK EVERYONE |
| STOCK BAR | DRIVE SAFELY | SIT STILL |
| SET TABLES | HOLD UMBRELLA | MAKE SPEECH |
| ASSEMBLE CENTREPIECES | HUG DAD | DANCE AND SING |
| SPRAY FLYING ANTS | RECITE VOWS | PAY BILLS |
| PRINT SEATING PLAN | SAY I DO | PLAN TRIP |
| GET TUX | SWAP RINGS | LIVE HAPPILY EVER AFTER |
| EVICT BEES | KISS BRIDE | |
| HANG LIGHTS | GREET GUESTS | |

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L	I	V	E	H	A	P	P	I	L	Y	E	V	E	R	A	F	T	E	R	☺

Take the leftover letters and learn the secret to a successful marriage:

 ----- "-----" !"

J.P. McEvay



Lifting tips (train-the-trainer) November 13, 2013, Cambridge

In this one-day session, participants get hands-on practice, learning to lift using 15 proper lifting techniques. They will also learn to effectively coach others to use these tips.

You will learn to:

- Describe the types of **injuries** associated with manual handling
- Identify workplace and individual factors that may **discourage** proper lifting technique
- Lift using **15 safe techniques/tips**
- Identify other management control measures, including **policies** and **engineering** controls
- Customise our **coaching plans** to take back to your facility
- Customise **"takeaways"** to reinforce each lifting tip (posters, handouts, puzzles, etc.)

Please register me for the **Lifting tips** course on Nov 13, \$370+hst

HST#89765 6377

ONLINE registration is now available at www.taylordergo.com.

To register manually, complete and fax this page to 519 623 9164, with your purchase order number, or mail it with a cheque to Taylor'd Ergonomics, 38 Water Street South, Cambridge, ON N1R 3C5. Your registration will be **confirmed by fax or email, 1-2 weeks before the course**. Register early, as space is limited. Cancellations within one week of the workshop will be subject to a \$100 charge, although substitutions are welcome at any time.

Name(s): _____

Company: _____

Phone: _____

Fax: _____

e-mail: _____

P.O.# _____ (if no PO, please send cheque with registration)



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38 Water Street South
Cambridge, ON N1R 3C5
phone (519) 623-7733
fax (519) 623-9164
www.taylordergo.com
info@taylordergo.com