



# Learn how to use ergonomics effectively at work

For more details on our courses, please visit our website!



## Physical Demands Analysis May 6-7, 2015

This two-day session will allow participants, including ergo co-op students, nurses, safety coordinators, and return-to-work coordinators, to collect data and write an objective, concise physical demands analysis report for the WSIB, employee's doctor, physiotherapist, or for internal company use.



## Ergo Design Tuesday, May 12, 2015

Participants, including engineers, safety coordinators, and ergo team members, will learn to incorporate effective ergonomic design features into new workstations, jobs, and layouts, using our detailed design guidelines.



## Driver Ergo Tuesday, June 9, 2015

Participants learn to how identify ergo hazards encountered by drivers, and how to implement some solutions. Learn how to adjust the driver's compartment for optimum comfort and safety, and how to select the best vehicle for you, or for your fleet.

More info about these courses, and **ONLINE registration and payment are now available at [www.taylorordergo.com](http://www.taylorordergo.com). To register the "old-fashioned way"**, 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 acknowledged when we receive it, and detailed confirmation info will be sent by 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)

Please register me for the:

☐ **PDA** course on May 6-7, \$785+hst

☐ **Ergo design** course on May 12, \$425+hst

☐ **Driver ergo** course on June 9, \$365+hst

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# taylor'd

## ERGO TIMES



## Taylor'd Ergonomics celebrates 20 years!

A note from Carrie: In 1995, I intended to spend my career in this business, but I really had no way to envision Taylor'd Ergonomics, 20 years later. Over the years, we've grown (and shrunk), and found our niche. We've had some incredibly fun projects, some painful learning experiences, and we've trained and sent two dozen ergonomists out into the field over the years. I can honestly say that I'm still learning in my role, and I hope that I've grown as an ergonomist,

manager, and ambassador for Taylor'd Ergo. We've amassed so much experience in so many different industries, but we know there are still more fields to explore. I hope you enjoy the crossword puzzle in this issue, that highlights some of the fun experiences that we've shared over the years. The photo above shows our team, celebrating our anniversary by bottling a batch of wine. (In typical form, we also photographed each "task" so we can use the experience in a future case study!)

## BLOGs and TWEETs

Carrie has been adding to our blog every second week, and we are happy to send out an email to anyone who wants a reminder. If you enjoy the newsletter, please consider signing up for the blog by sending us an email — we'll also send you an email with a link to new newsletter issues as they are released. Alternatively, follow us on twitter @taylorordergo, where Josie tweets when we learn or blog about something new. Recent blog topics at [taylorordergo.com/blog/](http://taylorordergo.com/blog/) have included:

- How a backpack could *reduce* spinal loads
- What are electronic games doing to our kids?
- 101 ideas for your ergo program
- The rolling (portable) lumbar roll

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## 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

**Karen Hoodless**  
M.Eng., CCPE, CPE  
Operations Manager/Ergonomist

**Josie Blake**  
B.Sc.(Hon.Kin.), AE  
Ergonomist, London, ON

Follow us on:



All of our ergonomists are members of:







The majority of our projects are in south-western Ontario, and that's how we like it. However, over the years, we've had some opportunities to work in faraway places.

DOWN

In Canada:

1. Our home
2. Home of the Saskatoon berry
3. Oil country
4. Where the rocky mountains meet the ocean
5. A maritime province, located almost exactly half way between the equator and north pole (2 words)
6. Here, we're called "ergonomes"
7. Sandwiched between 1 and 2 down.

In the USA:

8. We landed in Little Rock
9. During our stay, one of our goals was to see a real live surfer
10. We flew straight south across Lake Erie to work here
11. Where we learned to appreciate country music
12. One of the great lakes is named for this state
13. Dont mess with this
14. South of 10 down, our work was in the logging industry (2 words)
15. Named after a King of France

Abroad:

16. Where Good Morning sounds similar to a US state
17. Part of the UK

We've worked in so many different industries!  
ACROSS

85. Rotary mechanical device that extracts energy from the flow of water or air, and converts it into useful work
12. Not for vegetarians
17. A method of permanently securing metal pieces together
19. The "comfort" component used to make car seats
20. Mined and used to make concrete
24. Fabric and fibres
25. Structural metal alloy
27. Typically used to keep cold out and heat in
30. Where computers reign
33. Mined and used to season food and melt ice
34. Black, used in pencils
35. Like glue
37. Municipalities
38. Employ flight attendants
40. Goes with pulp
41. Long threads of metal, often wound onto spools
42. To apply liquid colour to an object
43. A place where beer is made
47. Shaping raw material, such as plastic, using a rigid frame
49. Learning

53. Circuitous gadgetry
  55. Traditionally run by farmers
  59. Mechanics' workday abode
  60. Where cookies, cakes, and breads are made
  70. Where actors and crew work and shows play
  74. In the 70's and 80's, this was a very important and lucrative industry in Southwestern Ontario
  76. Where telemarketers spend their work hours (2 words)
  80. A favourite summer treat. (2 words)
  95. A place where steel products are forged
  100. Suppliers of fuel, water, and power
- DOWN
21. Goes with 40 across
  29. Buying and selling, as done at the mall
  36. Where eggs come before chicks

43. Balls and rings used to reduce friction
45. A place where wheels turn trees into pulp, or grain into flour
46. Helping sick people become well
51. Turbines create energy using this natural resource
52. Making a product or service available for use or consumption
58. Department where work is more fun to study in summer (3 words)
63. Pertaining to the manufacture of parts for cars and trucks
64. A facility where liquids are dispensed and sealed into glass containers
65. Industry producing medications for people and animals
68. Pressing metal into shapes and sizes
71. Building

77. Medical tests and experiments are completed here
86. A plant where birds arrive in feathers and may leave with a different type of coating
90. Industry concerned with copying written words

The equipment and technology that our ergonomists use has advanced over time!

ACROSS

14. We were among the first to use computer bags equipped with these
21. A tool to record notes
22. This can often now adjust in height and depth, or be replaced with one of a more suitable size
23. A tool used to measure push force
48. A major advancement in our business communication, we started to use this in 1996
50. A tool used to measure time

56. Carrie's latest communication tool
  57. A social media forum where we connect with other professionals
  69. In 2002 we researched and drafted 18 ergo \_\_\_\_ guidelines, which we have continually developed since then.
  73. Our website address, without the dot
  79. A tool to hold a paper document while recording notes, soon to be replaced by a tablet
  91. In 1998 we wrote about these height-adjustable devices in our newsletter, and weve been introducing them to clients ever since
  94. A tool to record video and still photographs
  96. A carrying device for equipment that works well on stairs and rough terrain
  97. A social media forum where we share with friends
- DOWN
31. This type of camera, in 1995, held only 17 photos,

but we were thrilled because we could insert photos into documents electronically

62. A now-popular alternative to sitting at a desk, which weve made available to our staff since 2003
67. You have been able to find us here since 2002, if you had access to a computer and modem
72. A tool used to measure heights and distances (2 words)
75. We first wrote about this office device in 1996, when we suggested pairing it with an ironing board for height-adjustability. (Almost 20 years later, it is still a much-maligned "advancement"!)
81. A tool used to measure light, noise, or heat
83. The most recent social media communication tool for Taylord Ergo

Other Taylor'd Ergo Statistics:

ACROSS

26. Duration (in hours) of the exam that we took for the US ergo certification (Board of Certification in Professional Ergonomics)
  32. In 2003, we moved our office to this small town near Cambridge
  44. Our office started in this small town, near Aylmer, Ontario, in 1995
  54. A common concern for today's workforce, exacerbated by layoffs and elimination of mandatory retirement
  65. Improving ergonomics in the workplace results in improvements to this, often measured in terms of output
  66. Improving ergonomics in the workplace results in improvements to this, often measured in terms of errors
  76. Traditional lunch time for day shift workers
  82. In 2013, we moved to the "Galt" part of this city
  87. The 4-letter acronym that represents the Canadian qualification for practicing ergonomists, introduced in 1999
  89. How many newsletters or calendars weve published (3 words)
  92. Published since 1995 at least 5 times a year
  93. In 2003, we started to focus more attention on these workers, both behind the wheel and outside the cab
  98. Number of clients we worked with in our first year; also 3 hours short of a day (two words)
  99. Improving ergonomics in the workplace results in improvements to this, often measured through injury records
  - 101 An activity that has been widely accused of "killing" us
- DOWN
28. A concern for outdoor workers in summer
  39. Our least favourite type of "chair"
  61. Number of clients we worked for in our most recent year; ¾ of these were repeat or ongoing clients! (two words)
  84. We have been helping clients avoid this summer hazard since 1995 (2 words)
  88. Improving ergonomics in the workplace results in this, which is most appreciated by workers