

Stand up, for your health

2017

taylordergo.com



JANUARY

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4-5: Physical Demands Analysis

FEBRUARY

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16: Office Ergo

MARCH

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30: 101 Solutions

APRIL

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27: Ergo Design

MAY

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9-10: PDA 31: Driver Ergo

JUNE

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8: RTW

JULY

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Sit/stand guidelines:

- **Try before you buy**—set up a sample standing station so you can see if it suits you before you commit.
- Get **professional advice** before you make a big purchase, so that you select user-friendly furniture that accommodates everyone.
- Optimise your **chair adjustment** for sitting (back supported, feet supported, head balanced over shoulders).
- To stand comfortably, choose supportive, cushioned **footwear**
- Start with **20 minutes** of standing, 2-3 times a day.
- **Work up** to 2-4 hours total per day.
- **Adjust your keyboard/mouse** to elbow height, sitting and standing.
- Keep the top of your **screen at eye height**, sitting and standing.
- **Mark** the appropriate settings on the wall or leg of the table so you can adjust quickly between sitting and standing.
- Take **moving breaks** often—stretch, walk, climb stairs.
- Provide **training** to ensure that employees use their furniture effectively

AUGUST

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SEPTEMBER

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6-7: PDA

OCTOBER

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4: Lifting Tips
18: Office Ergo 26: 101 Solutions

NOVEMBER

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22: Ergo Design

DECEMBER

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ergonomics
incorporated

Improving work design to exceed your goals for productivity, quality, and employee health.



We're here to help!

2017

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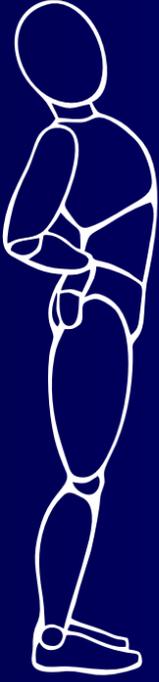
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Let us help to get your employees standing in 2017. Bring us in to:

- ✓ Give you **feedback and guidance** when choosing appropriate height-adjustable furniture. Avoid the need to purchase keyboard trays, and make sure that your purchases are user-friendly, so they get used!
- ✓ Help you set up a **"standing-landing" station**, to allow employees to test out the standing work experience before they commit to installation.
- ✓ Provide a **one-hour hands-on workshop** to help employees make adjustments to their own seated and standing workstations.
- ✓ Provide **one-on-one job coaching** to ensure that employees make, and mark, the appropriate adjustments.
- ✓ Complete **full office ergonomics assessments** for employees experiencing discomfort, or returning to work following an injury or illness.
- ✓ **Train your office JHSC to complete office ergo assessments** for employees, helping everyone make adjustments and implement cost-effective improvements (or come to our training in Cambridge, on February 16, or October 18, 2017.)

If our office is too far from you, contact us for pricing on our off-site services:

- ✓ An ongoing ergo awareness program for companies introducing **sit/stand options**, including:

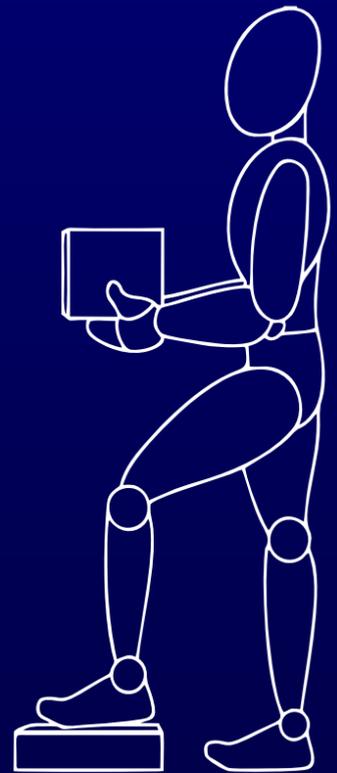
12 slide shows, designed as monthly awareness campaigns, to increase and maintain the awareness of how to use sit/stand stations, and why movement is good for health, productivity, and work quality.

12 awareness handouts, including info sheets on topics such as exercises, office furniture adjustment, multi-focal lenses, alternative seating, and treadmill/cycle desks.

12 ergonomics awareness activities, including word searches, crossword puzzles, word jumbles, and more.

52 "ergo thought" slides, designed to be delivered weekly, to contribute to improved awareness of sit/stand benefits, office ergonomics, and general health.

- ✓ A package of **posters** (10 each) on office ergonomics, driver ergonomics, and stretches.
- ✓ ****Coming soon** Quick remote office ergo reviews**, using survey, photo review, and interview.
- ✓ **On-going ergo awareness campaign material (electronic)**, including slides (monthly), contests (quarterly), and ergo thoughts (weekly) on topics that would appeal to a broad range of employees in an industrial or office setting. (Contact us for our 2017 theme plan.)

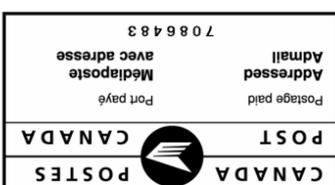


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for productivity, quality, and employee health.



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38 Water Street South,
Cambridge, ON
N1R 3C5