



Contact us!
519 623 7733
info@taylordergo.com
www.taylordergo.com

Learn more about safe lifting techniques at our Lifting Tips (train-the-trainer) in January or October, or bring us in for one-hour face-2-face employee ergo training.



back to back!
find the curve
in your low
back while
standing, and
support it
when you sit.



january

■ ■ PDA/CDA course
■ Lifting Tips course



february

□ Office Ergo course

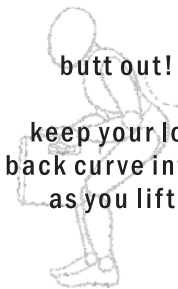
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march

■ 101 Ergo Solutions course



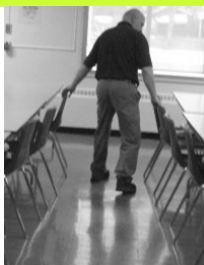
butt out!
keep your low
back curve intact
as you lift.



2018

Cambridge
London
Mississauga
St. Marys

Use our
On-Site Ergo
package for
ongoing
experienced,
qualified,
ergonomics
support.



april

Ergo Design course ■

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may

■ ■ PDA/CDA course
■ Driver Ergo course



stay fit!
never miss an
opportunity to get
a few extra steps.



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june

■ Return-to-Work course

because there is no back up for your back

Visit our website www.taylordergo.com, for a full list of our services.

Need help with back injury prevention? Contact us for info on our posters, assessments, job coaching, and training.

Looking for cognitive demands analyses? Our new PDA/CDA describes both physical and cognitive demands.

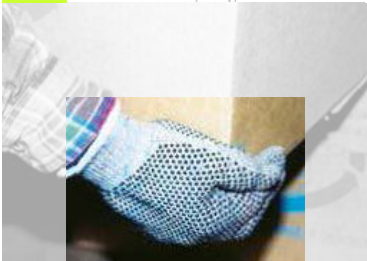
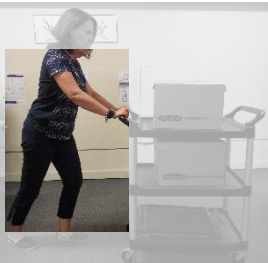
Send a photo of this calendar posted at your workplace to info@taylordergo.com, to enter a sweatshirt draw!



keep the load
as close to your
belly button as
possible.

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july



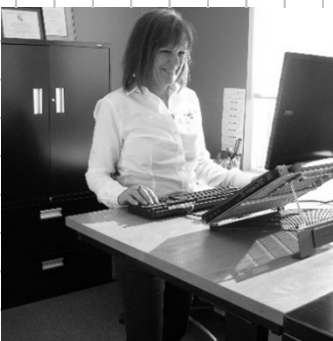
ensure you have a
clear line of sight,
and a clear path.

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august

september

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**pre-arch your
back before lifting,
especially after
sitting.**



Cambridge
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Our ergonomists help you optimise worker performance and comfort with an ergo design review.

try the "golfer's lift" for repetitive, light loads.



october

Lifting Tips course

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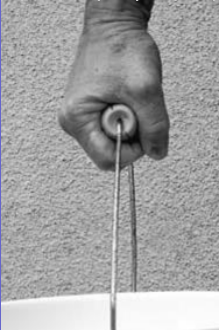
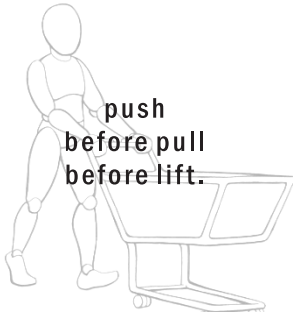
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november

■ Ergo Design course



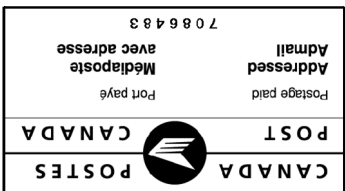
push
before pull
before lift.



**if it's too heavy
or awkward,
don't lift it!**

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30	31						

december



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