



taylor'd ERGO TIMES

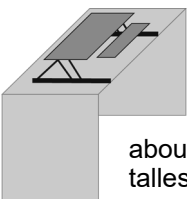
Cool stuff in the "world of ergo"

Exoskeletons (as shown at right) are making their way into the workplace. We're very excited about the use of new technology in the workplace...use your search engine to find "EksoVest". One of the most difficult types of work to improve, ergonomically, is overhead work. The human body just wasn't designed to work this way. And yet, there are many jobs in automotive assembly and repair, construction and renovation, where overhead work is simply unavoidable. These exoskeleton devices reportedly cost about \$6500, weigh about 9.5 lbs (4.3 kg), and support up to 15 lbs (6.8 kg) per arm. We have only seen them in videos so far. If you're running a trial, we would love to come take a look!



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

Desktop sit/stands are often too high



According to Trevor Schell, an Ergonomist at Sudbury's Occupational Health Clinics for Ontario Workers, placing a height-adjustable sit/stand device on top of a 29" (73.5 cm, standard height) desk makes seated work at a computer **uncomfortable** for the average male and female. (We're talking about those desktop devices that sit on top of the desk and raise about 10" from there.) In fact, our anthropometric charts indicate that only the tallest 5% of men would be comfortable.

Ideally, your keyboard and mouse should be positioned at seated elbow height. A writing surface (you do remember writing...with a pen or pencil?) should be a few inches higher, to allow the forearm to be supported. A standard height desk on its own is already too high for most people to use for a keyboard; it was designed for writing, not keyboarding. In fact, 29" happens to be the perfect height for an average height male to write. Hmm...we wonder? To compound issues, some devices that sit on top of the desk don't raise high enough for some workers either. So people can't get comfortable in a seated **or** a standing position!

Beware!
Some of the very low cost products out there have the potential to make jobs worse, instead of better.

If you are in the market for sit/stand tables, seriously consider whether the product will accommodate your employees. A keyboard surface needs to adjust from 22.5 -49" high (57.5 -123.7 cm) to allow 95% of the population to sit or stand comfortably. (This is a reference from the new CSA Office Ergo Standard, section A 3.3.3.) Even a product that adjusts through this full range will not be high or low enough for about 1 in 40 people (smallest and tallest).

Call us in, *before* you buy anything. We can help you to select furniture for one individual, or help to identify equipment that is compatible with your existing furniture. We also offer a program that provides employees with skills to *successfully* transition to a healthier sit/stand work style (next page).

SAVE A TREE!

You'll get more info, more often, if you **convert to e-news**. Just send us an email at info@taylordergo.com, call 519 623 7733, or text 905 979 0356, to provide your email address.

When you move, please update our list, and leave our contact info for the person who replaces you!

Our team

Carrie Taylor
M.Sc., CCPE, CPE, R.Kin.
Principal Ergonomist

Karen Hoodless
M.Eng., CCPE, CPE
Ergonomist, St. Marys

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

Kristina Zucchiatti
B.A.(Hon.Kin.), AE
Ergonomist, Mississauga

Follow us on:



All of our ergonomists are members of:





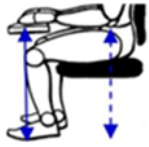
What's new at Taylor'd Ergo in CAMBRIDGE, LONDON, MISSISSAUGA, and ST. MARYS?



The Ergo Evolution: Sit to stand in 12 months. We recently released a slide series meant to help office employees make the most of new sit/stand options. We've worked hard to develop a set of presentations that provides guidance on how to adjust both the seated and standing station, strengthening and stretching exercises to prepare the muscles for new work demands, and suggested schedules for introducing standing. We've included helpful graphics and animations to keep it interesting. This is the first time we've offered to license our training materials, allowing you to freely share the material with employees at your site. ONLY \$749 + hst.



The **overhaul of our office and lifting "face-2-face" employee training** is now complete. If you've run these courses before, you can now run them again as "refresher" sessions! The overhaul of our driver and industrial sessions is in progress now.



New office ergo template: Our office reports now include all of the data that we collect, including the pre-assessment survey results, measurements, and photos. We've also created separate pages for technique observations and adjustments made, recommendations to the employee, and purchase/repair recommendations for the supervisor. The follow up survey is included in the report, as is a summary of our assessment process. The new reports include more data, and are better organized and a little bit quicker to do.



Karen is this year's President of the Association of Canadian Ergonomists. This is a huge volunteer time commitment, so we commend her for taking on such a significant assignment. On the bright side, she'll be traveling to Sudbury, Ontario and Florence, Italy, for conferences, as part of her role.



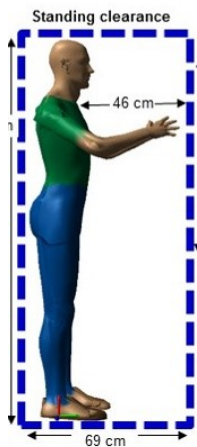
Carrie participated on the "famous" ergo panel at Fanshawe. (We are not sure exactly how it became "famous".) She is part of the program advisory council for the Advanced Ergonomics Certificate program, and is always happy to talk with new ergonomists who are just getting started in their careers.



Josie seems to have immersed herself in health care....nursing, long term care, and dental hygiene projects seems to be falling into her schedule. In previous years she's been occupied with breweries, distribution and big box stores, so this is perhaps an interesting turn for her. With Kristina handling the majority of our GTA work, we is more available for our London, St. Thomas, and Woodstock clients.



While Josie is busy with health care, **Kristina** is busy with candy. (Who would you rather be?) Kristina now visits two candy manufacturers on a regular basis. She's also been very busy with office ergo assessments in the GTA—in her short time with us, she's already racked up more than 40 office assessments! This seems to nicely round out the other industrial projects that we've given her.



Don't miss the spring session of our popular "**Ergo Design**" course running in Kitchener on April 18. This course often fills, so don't delay! The workshop includes hundreds of design guidelines. For the first time ever, we're offering the option to purchase an electronic copy of the design guidelines.

How to get FREE stuff

Ergo speakers

If your *professional association* is looking for a speaker on an "ergo" topic, please contact us. We would be happy to come out to speak with groups of human resources professionals, safety professionals, disability managers, production managers, or engineers! If you are within an hour radius of one of our offices, we'll come at no charge! (Of course, we also offer seminars and workshops for groups of *employees*—call for pricing.)

Coffee with an ergonomist

If you can spare a half hour to chat about your ergo program, one of us would be happy to meet you for coffee, or even chat on the phone. We'd love to hear about how you're currently handling MSDs, quality issues related to worker performance, and productivity bottlenecks. We'll offer our suggestions for next steps, to help you solve your ergo problems. If you're doing great on your own, perhaps we can learn from you.

E-news

Get insightful news about ergonomics, every 2-3 weeks, including this newsletter.

Become an on-site ergo client. Clients who commit to at least 12 days of consulting time per year get loads more free stuff, including:

- an ergo contest every 3 months, with free prizes
- a monthly ergo article and weekly ergo thoughts to share with workers, as a slide show for your e-boards, or on a bulletin board
- Access to hundreds of one-page info sheets and puzzles on a huge variety of topics



20 questions you can ask an ergonomist

(Please....ask us!! We never get tired of these questions.)

1. Can you **audit our ergo program** to identify opportunities for improvement?
2. Can you come in to **present to our managers** about why ergonomics is important?
3. Can you help me choose the **most cost-effective sit/stand solution** that will work with our existing furniture?
4. Can you help me set up a **heat stress prevention program**?
5. Can you help us to **define, objectively, what the health care provider meant** when s/he indicated no "bending"?
6. Can you help us to determine whether the **pre-injury job meets the employee's limitations**?
7. Can you provide hands-on, skill-based **training for drivers, or material handlers, or office employees, or workers in our plant**?
8. Can you provide **job coaching**, to ensure that employees can use the skills they've learned, in their workplace?
9. Can you **provide recommendations to improve the design** of a product that we're developing?
10. Can you provide the **specifications** for a chair that would suit this worker?
11. Can you **review a product** that we've designed, and describe if it is (or isn't) "ergonomic"?
12. Can you **select, train, and oversee an ergo student or intern** to do physical and cognitive demands analyses for us?
13. Does this **bus model** meet this driver's medical limitations?
14. How can I get employees thinking about, and **participating in, our ergo program**?
15. How can I **optimise the design** of a new workstation to minimise risk of injury?
16. How could I **modify** this job so that this worker with limitations could do this job?
17. How much **clearance** do I need for a person to kneel at a control panel?
18. If all of the workers on this job are **male**, what is their risk of injury?
19. **If the operator rotates** with a job with less lifting, would the risk of injury become acceptable?
20. **If we provide a lift table**, would the risk of injury be reduced to acceptable levels?

Missed our blog?

Here's what we've been talking about lately:

- We got up early to bring you tips for sleeping on World Sleep Day
- Fit to work—training your body to work, just as you would train for a sport
- CSA Z412-17 Highlights from the new CSA Office Ergo Standard
- Move your mouse and fix your shoulder—the benefits of left handed-mousing

Sign up for e-news and get these newsletters, AND links to our blogs.

Alternatively, follow us on facebook or twitter @taylordergo. Thank you for "liking" and "sharing" our content—your support helps us grow!

Crossword Pop quiz

Answers for this crossword can be found in this newsletter!

Across

4. First name of our Mississauga ergonomist
6. Demands that are now captured in detail in our PDA/CDA, which are important when workers with mental health issues return to work
8. First name of the 2018 President of the Association of Canadian Ergonomists
9. A cute little touristy town near Stratford, where [8 across] hangs out
10. A service we provide to help workers identify the best way to do a job (2 words)
12. Our most westerly office location
14. The new office ergo standard that we reviewed in a recent blog
15. An exo- _____ helps workers with overhead tasks
17. Take our ergo _____ course to effectively consider ergonomics for new jobs and equipment
18. One of the face-2-face sessions that has recently been overhauled [not 16 down]
19. The city of our newest office location, from which our GTA ergonomist is based.

Down

1. The ergonomist with many health care projects in her schedule
2. Our main office location
3. Our founder's first name
5. Our main office phone number in Cambridge
7. 2.54 cm = 1 _____
11. The acronym that represents the certifying body for ergonomists in Canada
13. A recent blog topic
14. Kristina loves _____!
16. The other face-2-face session that has recently been overhauled [not 18 across]





Don't miss these Taylor'd Ergo training dates!

For more details, or to register online, please visit our website www.taylordergo.com/workshop/

Please register me for:



Ergo Design Wed, April 18, 2018

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 ergo design guidelines. Guidelines include height, reach, clearance, tool selection, work flow, and more. This course has been recently overhauled to include more guidelines, and better graphics. Course fee includes a hard copy of the design guidelines so you can select and build your own in house guidelines. (Electronic option available, see below.)

\$475+hst HST#89765 6377

\$895+hst includes an electronic pdf version of our ergo design guidelines—ask Carrie about this option. Course will run again November 7.



Physical and Cognitive Demands Analysis, Wed-Thurs, May 2-3, 2018

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 and cognitive demands analysis report for the WSIB, employee's doctor, physiotherapist, or for internal company use. Participants learn how to measure forces, quantify "repetition", and obtain useful workstation and task photos. They also learn how to identify and quantify cognitive, behavioural, sensory, and communication demands. Course includes a hard copy of our report template so you can create your own customised report.

\$795+hst HST#89765 6377

\$1095+hst includes an electronic pdf version of our P/CDA form with fillable fields—ask Carrie about this option. Course will run again September 5-6.



Driver Ergo, Tues, May 15, 2018

Participants will 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. Course includes a hard copy driver ergo and vehicle selection checklist.

\$375+hst HST#89765 6377

\$495+hst includes an electronic pdf version of the checklists with fillable fields—ask Carrie about this option. Course will run again in 2019, or ask us about running it on-site at your site.

Register and pay online at www.taylordergo.com. Or scan and email this page to info@taylordergo.com, with your purchase order number. Your registration will be **confirmed 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)



Comparing ergo services? Use our checklist

If you are embarking on a significant ergo project, you're likely gathering several quotes from ergonomics service providers. To help you compare quotes, we've developed a comparison chart. Hint: Price is not always the most important factor. Ask us to send you a copy!

If you received this without a mailing label above, please contact us to be added to our list for future publications. If the mailing label is incorrect, please correct it and send a photo to 905 979 0356. Or e-mail us at info@taylordergo.com



A free publication from
Taylor'd Ergonomics
5 Taylor Court, RR4
Cambridge, ON N1R 5S5
phone (519) 623-7733
www.taylordergo.com
info@taylordergo.com