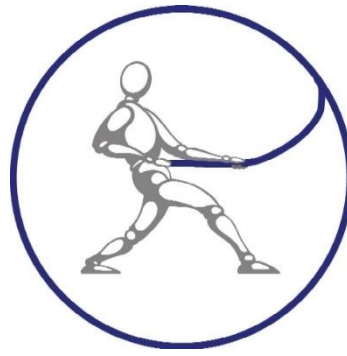


Taylor'd Ergonomics Incorporated

www.taylordergo.com



ergo evolution: launching the sit-stand workplace

What is “the ergo evolution”?

As ergonomists, we've seen sit-stand workstations introduced by well-meaning employers who really want to provide optimal work environments. A few months after the furniture arrives and the novelty wears off, we get calls, asking why people aren't using the standing option.

We developed this presentation series to encourage the best possible outcomes for sit-stand workstations. We've included graphics and a few animations, to keep it interesting and to illustrate key points. The sessions are based on current ergonomics research and standards. The topics included are:

1. Getting started

How to adjust your sitting and standing workstation, and set appropriate standing goals.

2. Building strength to stand

How to use office appropriate strengthening exercises to prepare your body to stand.

3. Stretch!

Use specific stretches to alleviate tension.

4. Get motivated

A review of the benefits of standing, and tips on to help meet your standing goals.

5. Feet first

Tips on selecting appropriate footwear for standing.

6. The neck and up

How to position your monitors to minimise neck discomfort.

7. The chair

A step by step guide to optimising chair adjustment.

8. Getting it just so

Tips for fine-tuning workstation adjustments.

9. Input devices

A review of benefits and drawbacks of alternative input devices, and left-mousing.

10. Vision

Guidance on screen position, multi-focals, and touch typing.

11. Just move it

Tips for including more activity in your day.

12. Remember when

A summary of the benefits of standing periodically throughout the day.

How does it work?

We would:

- Insert your logo or company name onto the slides
- Send you a read-only (pdf) version of the 12 slide shows, for display on your intranet.

You would:

- Provide your logo or company name for insertion into the slides.
- Distribute the slides to your employees, ideally one slide show per month for a year, at your discretion.

Support our copyright of the material, by ensuring that material is not shared outside your company.

What options are available?

Contact Carrie in our main office at **519.623.7733**, or info@taylordergo.com, for pricing on these options:

- Customisation of the presentation. We can take photos in your office, and create a step-by-step guide to adjusting *your* furniture.
- Posters on stretching, office ergo, driving, or lifting.
- Ergo info sheets and puzzles.
- An in-person one-hour hands-on workshop on “office ergonomics” for seated work.
- *Coming soon:* An in-person one-hour hands-on workshop for sit/stand workplaces.

What is the cost?

Our fee of \$750 plus HST includes time to add your logo into the presentations.

Where do I sign?

Sign the contract below, and scan and return it to carrie@taylordergo.com. She will arrange for an invoice to be sent to you. Upon receipt of payment, she will email the slides to you. It's that simple.

I agree to honour the copyright for the slides provided; I will not edit, copy, or modify any part of the slides, or share the slides outside my organisation, and I will ensure that our employees are aware of and honour this copyright.

Name (print)

Signature

Company

How would you like your company displayed on the slides? Please provide a small logo, acronym, or company name.

