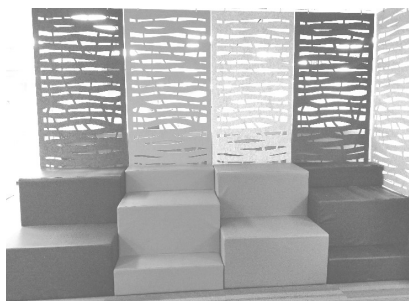




taylor'd ERGO TIMES



Acoustic material from Vertical Interiors

Vertical Interiors by McIntyre has allowed us to use their beautiful meeting facilities for our workshops since we left our office in Galt in 2017. Over the summer, they also hosted our team full-time for two months. Vertical Interiors and its sister companies (Swiftspace, ezoBord, Starwall, and McIntyre Group) are located in Kitchener.

We are particularly excited, from an ergonomics perspective, about one of their products. **ezoBord**, their fully recyclable acoustic material, is made from PET plastic. It is available in a wide range of design options, colour choices, and print capability. It can be printed, cut into shapes, or layered, to allow creative use of logos, branding, or simply to enhance the look of a workspace.

The sound dampening effects of ezoBord are astonishing—we find that when we enter the training room, a sense of calm descends over us. This product has applications in offices, retail, lunchrooms, manufacturing, hospitality, and sound studios, while also working and as window coverings, wall dividers, and so many more locations. The trend toward open spaces has increased the demand for acoustic dampening, where people need to communicate or concentrate. Find more info at verticalinteriors.ca, or contact info@verticalinteriors.ca.



Summer growth spurt

After our three ergo interns completed their terms with us (and our clients), we were inspired to bring in two summer students for July and August. Partially funded by the Canada Summer Jobs program, we were able to offer a mentored ergo student to one of our clients, and we brought on a marketing student to help us with social media. We took this photo at our first team meeting, on a casual, sunny Friday. From left to right: Josie, Kristina, Carrie, Rick, and Brogan.



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

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

Our team

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

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

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

Follow us on:



All of our ergonomists are members of:





Ergo interns

We invited our interns to submit an article in our newsletter, about their first experiences in the field of ergonomics. Here's what two of them had to say:

Christina Timmons

I recently completed a placement for the Fanshawe College Advanced Ergonomic Studies post graduate certificate program, with Taylor'd Ergonomics and the City of London. This was a fantastic opportunity to gain hands-on experience, upon entering the field of ergonomics.

The purpose of the placement was to conduct Physical and Cognitive Demands Analysis (PDA/CDA) reports that quantify the physical demands of seven jobs. To complete a PDA/CDA, I broke the job into its essential and non-essential tasks, wrote a description for each task, used a force gauge to measure forces required to push/pull/lift objects, and took photographs to demonstrate postural demands. In the public sector, I was exposed to a variety of working environments, from

office environments to personal support workers, to firefighters.

I received supportive feedback from my Taylor'd Ergonomics mentor, Josie Blake; she was a fantastic resource for data collection strategies and professional report writing skills. I also advanced my creativity and problem solving skills, especially when measuring forces in tricky environments! I am very grateful for this opportunity through Fanshawe College; the support I received by the City of London and Taylor'd Ergonomics exceeded my expectations. This placement was a great opportunity to learn from a practicing ergonomist. The invaluable experience that I gained will be applicable to my future career as an ergonomist.



Rick McNally

I spent my summer "vacation" with Taylor'd Ergonomics, gaining hands-on experience in the field of ergonomics in two very different work environments. For the months of May and June, I completed PDA/CDAs for a Hamilton food processing facility, where my focus was on factory operators. This was part of my internship for my Master's program, so I also took on an ergo project, evaluating the heavy demands associated with a specific cart, and providing recommendations for improvements. For the next two months I applied my newly honed PDA/CDA skills at a municipality, where I was exposed to a variety of working environments such as line painters, garbage truck operators, and string trimming. Taylor'd Ergo tells me that having experience with repetitive, manufacturing work *and* with irregular, manually demanding work makes me a well-rounded ergonomist!

My Taylor'd Ergo mentors, Kristina and Josie, provided supportive feedback, which greatly improved my data collection and report writing skills. Participating in the Taylor'd Ergo team meetings was a nice break from PDA/CDAs, and also allowed me to learn about other projects, while contributing to some newsletters and bulletin boards. I am grateful for the opportunity to learn first-hand from these ergonomists. The experience I gained this summer has helped to prepare me for a future career in ergonomics.

Note from Taylor'd Ergo: We learned from Christina and Rick, too! It was great to have some fresh perspectives around the office, and we learned where the gaps are in our PDA/CDA course, by mentoring new ergonomists as they learn to apply these newly acquired skills. Our best ergonomists over the years have started as co-op students and interns, and we'd love to see these two faces back some day!

FREE ergo stuff

Ergo speakers for professional groups

If your *professional association* is looking for a speaker on an "ergo" topic, please contact Carrie. 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! (We also offer many seminars and workshops for groups of *employees*—call for pricing.)

Coffee with Carrie

If you can spare a half hour to talk about your ergo program, Carrie would be happy to meet you for coffee, or a 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. If you're doing great on your own, perhaps we can learn from you. Hopefully, we can offer suggestions to help you improve!

Become an on-site ergo client.

Clients who book 12 or more days of consulting per year are eligible to receive loads of free stuff, including:

- an ergo contest every 3 months, including prizes
- a monthly ergo bulletin to share with workers, as a slide show or on a bulletin board
- access to hundreds of one-page info sheets and puzzles on a huge variety of topics





Josie's first half-decade at TEI

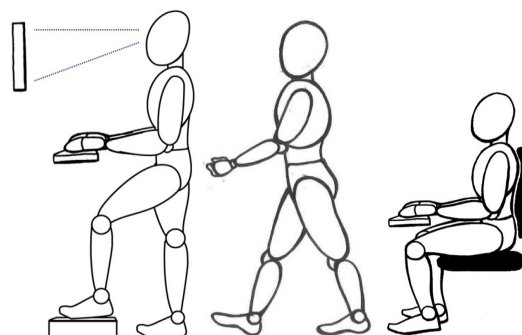
We are pleased to report that Josie marked her five year anniversary at Taylor'd Ergo in July. She wrote about some of her experiences....read her article at www.taylordergo.com/blog

One of the best aspects of consulting is that, no matter how long you practice, new and interesting challenges will always present themselves. We're confident that we can find jobs in under-studied sectors, bigger design projects, new protocols and technology, and many more experiences that will keep Josie interested as she enters her next half-decade.

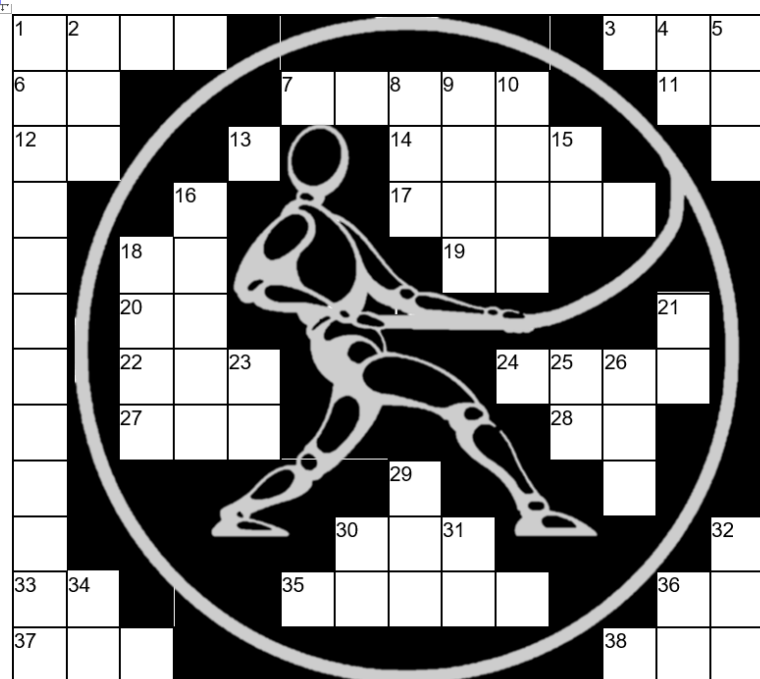


Sit/stand/move

More and more, we hear about how sitting still, and standing still, are killing us, and movement is key. How can we encourage people to move at work, while still, you know, *working*? Ask us about our **sit/stand presentation series**—a stand-alone set of 12 short slide shows, customized with your logo, that helps employees to use sit/stand furniture with the best possible outcomes. They learn to adjust the sitting and standing stations appropriately, build strength, stretch, choose appropriate footwear, and more.



about ergo training



ACROSS

- 1 Opposite of pull
- 3 One of those who went marching by
- 6 Like
- 7 What the training facilitator does, so others will follow
- 11 Alternatively
- 12 Pertaining to (abbr)
- 13 Me, myself, and ___
- 14 Large bundle of hay or straw
- 17 An English and imperial unit of weight equal to 6.35 kg
- 18 Male personal pronoun
- 19 Can be wondrous, except when full, as in ___ ful.
- 20 Learning (abbr)
- 22 Far in the past, long, long ___
- 24 Our affectionate short form for the science that we practice and teach
- 27 Reference (abbr)
- 28 Opposite of HI
- 30 Very small as in "a ___ little dram"
- 33 Often confused with too and two
- 35 What participants do at our training
- 36 The opposite of LO
- 37 What participants might say to noisy neighbours if they can't hear what the ergonomist is saying
- 38 When the facilitator demonstrates, the participants ____.

DOWN

- 1 People who take our training
- 2 What people do with their skills when they go back to work
- 4 Nein, non, or nie, in English
- 5 In a training setting, participants have a chance to ___ new techniques
- 8 The muscles that help with core stability (abbr)
- 9 What we gather in the field before we assess the risk of injury
- 10 This, plus steady, wins the race.
- 15 Half of an "m"
- 16 V-shaped object, one of the simple machines
- 18 When the facilitator speaks, the participants do this
- 21 "What I see I forget, what I hear I remember, and what I ___, I understand." (Xunzi quote)
- 23 Between a part and a whole
- 25 Real life, on internet or in text
- 26 Exclaimed when the lights go on, "I've ___ it!"
- 29 A caffeinated or uncaffeinated alternative to coffee
- 30 You and I
- 31 A hesitant word that trainers try to avoid, like um or ah
- 32 Some folks would rather do this than speak in public
- 34 An expression of surprise
- 36 Personal pronoun, male



Register now!

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

☒ Please register me for:



☐ **Physical and Cognitive Demands Analysis** Wed/Thurs, September 4-5, 2019

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 "repetitive" work, 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 report template; a fillable form is available for an extra fee.

\$795+hst HST#89765 6377



☐ **Office Ergo** Tuesday, September 24, 2019

This one-day session will allow you to identify MSD hazards at office work stations, and develop cost-effective recommendations to address them. Includes suggestions for using and carrying laptops, introducing sit/stand stations, managing mobile devices, and more.

\$385+hst HST#89765 6377



☐ **Lifting train-the-trainer** Wednesday, October 9, 2019

In this one-day session, participants get hands-on practice, learning how and why to lift using 15 proper lifting techniques. They will also learn to effectively coach others to use these tips. Participants get coaching plans with sample "takeaways" to reinforce each of the 15 techniques.

\$380+hst HST#89765 6377



☐ **Ergo Design** Tuesday, October 29, 2019

Participants, including engineers, safety coordinators, and ergo team members, will learn to incorporate effective ergonomic design into new workstations, jobs, and layouts, using our detailed ergo design guidelines. Guidelines include height, reach, clearance, tool selection, work flow, and much more! This course has been recently overhauled to include more guidelines, and better graphics.

\$475+hst, or run on-site at your facility, for \$2150 plus expenses, materials, and HST #89765 6377.



☐ **101 Solutions** Tuesday, November 12, 2019

This course will invigorate your ergo or safety team by providing tons of ideas and case studies, and by encouraging participants to look at problems with a different perspective. Learn to identify and train people to use best practices when appropriate. Learn about simple machines and how these basic mechanical concepts apply in work settings.

\$370+hst HST#89765 6377

Register and pay online at www.taylorordergo.com. Or scan and email this page to info@taylorordergo.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): _____

Phone: _____ Company: _____

e-mail: _____ P.O.# _____ (if no PO, please pay with registration)

If this mailing label is incorrect, please correct it in pen, and text a photo to 905 979 0356. Or e-mail it to info@taylorordergo.com. Moving to a new job? Let us know where you're going, and please let your replacement know how to update our list.



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