



taylor'd ERGO TIMES



How can you help snow plow drivers avoid muscle and joint pain?

Snow plow drivers sit in the same position for hours on end; this is an excellent formula for muscle aches and pains. Our team spent time with snow plow drivers, with the goal of identifying some best practices for climbing in and out of the plow, and avoiding discomfort while driving. We then developed coaching plans to teach the eight best practices that we identified. These can be delivered by supervisors or JHSC reps, as safety briefs or "tailgate talks". If you're interested in purchasing the package, please contact us at info@taylordergo.com. If you'd like us to provide face-2-face training for your snow plow drivers, we can come to your site to facilitate it for you. After the first session, we were told that "new and experienced drivers learned something new."



Is your new sit/stand furniture being used?

Managers (and controllers) are often disappointed to find that providing sit/stand furniture doesn't guarantee that employees will choose to stand. To ensure that your sit/stand furniture gets used effectively, contact us. We offer a series of slide shows that you can roll out over a period of months, teaching viewers how to prepare for and adapt to a sit/stand workstyle. We also offer face-2-face training for this group of employees.



How can you empower supervisors to help employees with ergo concerns?

We know that supervisors have a unique role to play in MSD prevention—they receive requests for "ergonomic" devices and furniture, respond to employees' medical limitations, and make purchasing decisions. If they have the skills, they may encourage employees to adjust their chairs and workstations appropriately, and to use ergo tips. (Left-handed mousing, anyone?) We offer a 2-hour face-2-face course to teach supervisors how to respond to requests, make adjustments, encourage early reporting, explain MSD hazards to employees, and take action to address hazards as needed. We offer a "general" and an "office" version of this course. Contact us for details.



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

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Ergonomist, London

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

Like, share, and follow us on:



All of our ergonomists are members of:

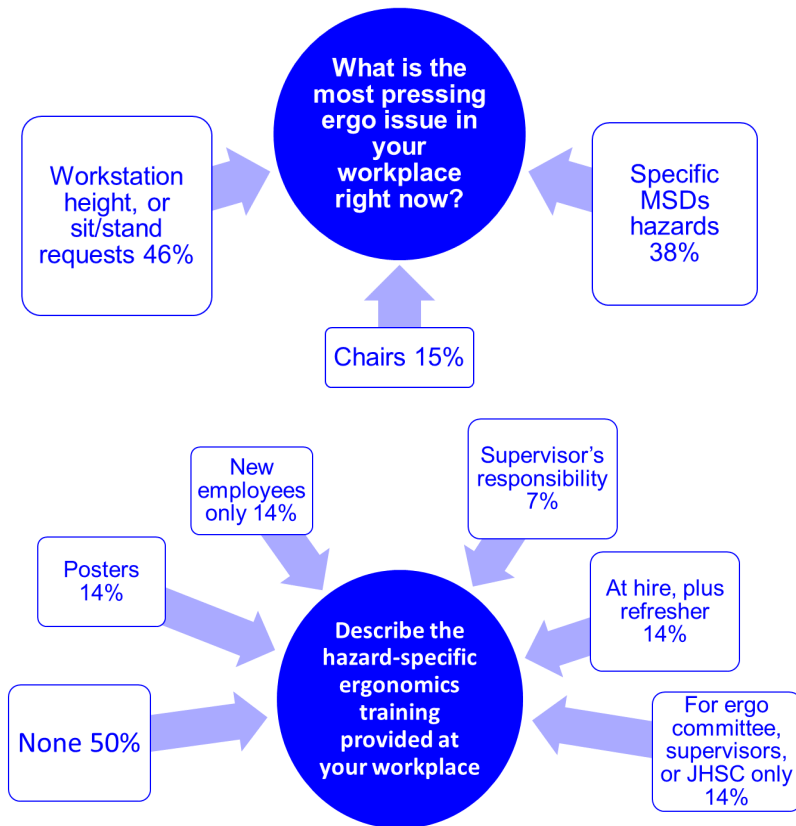


ASSOCIATION OF CANADIAN ERGONOMISTS
ASSOCIATION CANADIENNE D'ERGONOMIE

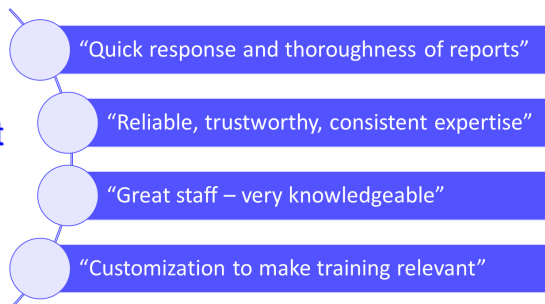


What did our ergo survey show?

We ran a survey and draw during Global Ergonomics Month in October. The winner of the draw won a sit/stand table from Vertical Interiors by McIntyre, and some “ergo swag” from Taylor'd Ergo. If you didn't get a chance to participate in the survey, we're still interested in your experience. Here are some of the key findings of the survey. Do these figures represent your company?



What was the best part about working with Taylor'd Ergo?



YOU KNOW YOUR FIVE-YEAR-OLD MIGHT GROW UP TO BE AN ERGONOMIST, WHEN...



Reading "Jack and the Beanstalk" leads to a discussion about the effects on the knees when climbing stalks vs. steps vs. ramps.

Average: \$3100
Range: \$0-20000

What is your annual budget for ergo/safety promotional products?

Do you ever have trouble with visual or noise distractions?

Yes: 57%
No: 43%

Average: 14%
Range: 0-100%

What percentage of employees at your workplace use sit/stand workstations?

FREE 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 provide training for groups of *employees*—contact us 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 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. Perhaps we can learn from each other.

Become an on-site ergo client—confirm now for the best selection of 2020 dates!

Our regular ongoing clients get preferred pricing, and loads more free stuff, including:

- an ergo contest every 3 months, including prizes (new drinkware, screen cleaning cloths, and tools, in addition to old favourites!)
- 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

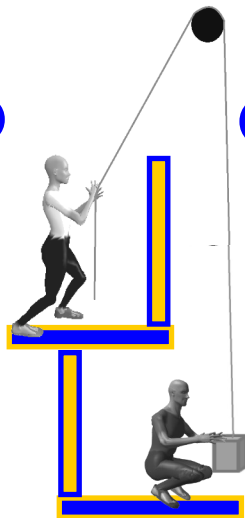
2020



No. 139

January

SU	M	T	W	T	F	SA
January 8-9 PDA/CDA workshop			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

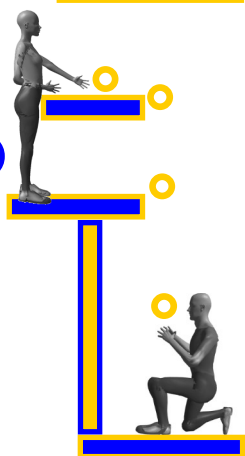


February

SU	M	T	W	T	F	SA
February 13 Office Ergo workshop						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March

SU	M	T	W	T	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	March 11 Lifting Tips			

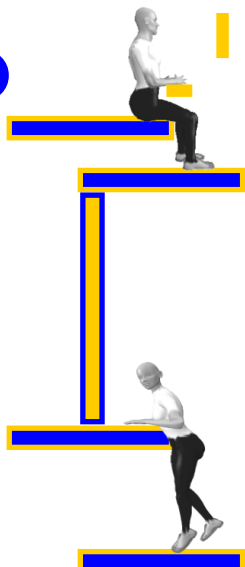


April

SU	M	T	W	T	F	SA
April 2 Ergo De-			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

SU	M	T	W	T	F	SA
May 6-7 Physical/Cog demands May 27 Driver Ergo workshop					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30



June

SU	M	T	W	T	F	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Save a spot in our training!

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

☒ Please register me for:



☐ Physical and Cognitive Demands Analysis Wed/Thurs, January 8-9, 2020

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 Thursday, February 13, 2020

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, and more.

\$385+hst HST#89765 6377



☐ Lifting train-the-trainer Wednesday, March 11, 2020

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 Thursday, April 2, 2020

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.

Register and pay online at www.taylorordergo.com/training/. Or scan and email this page to info@taylorordergo.com, with your purchase order number. Your registration acknowledged right away, and later **confirmed with course details, 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 pay with registration)

If this mailing label is incorrect, please correct it 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.



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