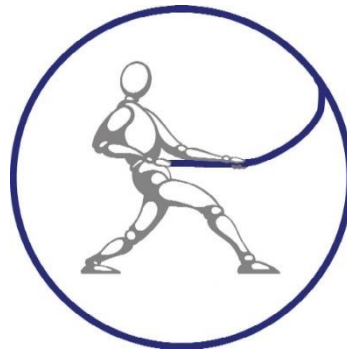


Taylor'd Ergonomics Incorporated

www.taylordergo.com



ergo awareness package

What is our “ergo awareness package”?

Many companies with well-established safety programs are challenged to keep employee attention on musculoskeletal disorder (MSD) prevention. Even full-time ergonomists have trouble developing resource materials to maintain employee engagement.

We developed this package to help these companies promote ergonomics, on an ongoing basis. You can choose to receive the topics shown on this page, all at once, or to receive the topics that we are developing on an ongoing basis, once per month.

The package includes:

12 slide shows, on a variety of topics (see list at right), intended to be rolled out on a monthly basis.

52 ergo thoughts, intended to be displayed on a weekly basis

50 ergo-sheets, including 30 articles, and 20 puzzles, which can be used:

- to respond to specific inquiries (For example, “Is bigger better when it comes to computer screens?”)

- to provide the basis for a safety talk (For example, “20 ways to protect your back while lifting”)

- to engage employees in a contest (For example, a puzzle on the “benefits” of aging)

Monthly slide shows

Each show includes 5 slides. They can be displayed electronically, printed and posted, or reviewed as safety talks.

Here is the “packaged” topic list:

1. What is ergonomics?
 2. Is it too heavy? It depends.
 3. Planes, trains & automobiles: Commute or vacation in comfort
 4. How and why to report MSD hazards
 5. The home stretch
 6. Exercise, spicy food, and summer days: What do they have in common? (heat stress prevention)
 7. Keep the load close: Why does it matter so much?
 8. Recognising the signs and symptoms of MSDs
 9. Relieving the ouch from your mouse
 10. Secondary MSD hazards: more than the big 3
 11. Why we need longer arms as we age: Multi-focals and computers
 12. Warehouse & workshop design
 - 13* Bootcamp: How to choose “ergonomic” shoes or boots
 - 14* : Santa’s profile: How overweight affects work
- *We added two “bonus” slide shows to allow you to appeal more to office or manufacturing employees, as appropriate.

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, 52 ergo thoughts, and 50 one-page summaries.

You would:

- Provide your logo or company name for insertion into the slides.
- Distribute the slides to your employees.
- Respect our copyright of the material, by ensuring that material is not shared outside your company.

What related services are available?

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

- A series of 12 slide-shows for employees who are being introduced to sit/stand workstations.
- Posters on stretching, office ergo, driving, or lifting.
- In-person one- or two-hour hands-on workshops, specifically design for these employee groups:
 - Supervisors (office or non-office)
 - JHSC members
 - Office workers (traditional, or sit/stand desks)
 - Manual handlers
 - Drivers
 - Outdoor workers
 - Industrial workers

What is the cost?

Our fee of \$495 plus HST includes time to add your logo into the presentations.

You can extend this program into the next calendar year, with 12 additional slide shows, 52 additional ergo thoughts, and at least 4 new one-page sheets (topic requests accepted).

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.