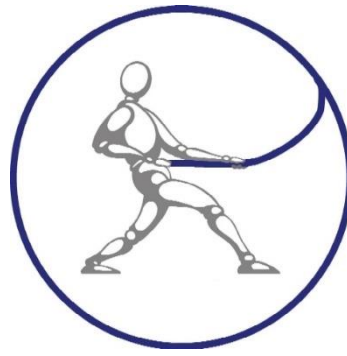


Taylor'd Ergonomics Incorporated

www.taylordergo.com



Ergo-Coaching package for Snow Plow Drivers

What are ergo coaching plans?

This package of coaching plans includes the information that supervisors, safety coordinators, or JHSC members need, in order to providing meaningful ergonomics awareness material to snow plow drivers.

We developed this package to support MSD prevention amongst this group of workers. We spent time with snow plow drivers, getting an understanding of the MSD hazards they face, including climbing in and out of the cab, sitting, sometimes in an awkward posture, for prolonged periods of time. We worked with drivers to understand the practices that have a protective effect. We photographed these best practices, and used biomechanical models to prove how they work (where appropriate).

The package includes 8 coaching plans, intended to be used as safety or "tailgate" talks. Each plan includes:

- Opening discussion points
- Photographs of the common and best practices for a specific task, including the hazards associated with the common practice and how the best practice helps
- Instructions to demonstrate the best practice
- A suggested application (practice exercise for employees)
- Feedback suggestions

The topics in this package include:

1. **Use 3-points of contact when entering a truck**
2. **Face the cab while exiting**
3. **Adjust the seat pan**
4. **Adjust the backrest**
5. **Adjust the lumbar support**
6. **Hold the wheel at 8&4**
7. **Stretch outside the cab**
8. **Move while you drive**

How does it work?

We would:

- Insert your logo or company name onto the slides
- Send you a read-only (pdf) version of the 8 coaching plans.

You would:

- Provide your logo or company name for insertion into the slides.
- Distribute the content to supervisors, health and safety coordinators, and/or JHSC for their use in providing training to employees.
- Respect our copyright of the material, by ensuring that material is not copied or 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:

- In-person **presentation of these coaching plans** for large groups of employees (1-2 hours).
- In-person **1-2 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

- An **ergo awareness package** that provides material that can be rolled out over a period of one year. This includes 12 slide-shows, 48 ergo thoughts, and 50 hand-outs (puzzles and info sheets) on a variety of topics.

- A series of 12 slide-shows for employees who are being introduced to **sit/stand workstations**.

- We can also help you to identify and "prove" **best practices** for any task, or complete **ergonomics assessments** to evaluate the risk of injury and develop recommendations to mitigate the risk.

What is the cost?

Our fee of \$500 plus HST includes time to add your logo into the documents.

Where do I sign?

Sign the contract below, and scan and return it, with your company logo (or how you would like your organisation's name to appear on the documents) to carrie@taylordergo.com.

Upon receipt of this information and a purchase order or payment, we will insert your logo into the coaching plans, and email the pdf coaching plans to you.

I agree to honour the copyright for the coaching plans provided; I will not share the material outside my organisation, and I will ensure that our employees are aware of and honour this copyright.

Name (print)

Signature

Company

Purchase order #

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