



*the very last hard-copy*

# taylor'd

## ERGO TIMES



### Don't miss out!

This is it: our last paper copy. After 25 years of hard print, we're switching over to electronic distribution. We know some of you have looked forward to our paper newsletter showing up on your desk, but we hope you'll embrace the new media, which you can read anywhere, in any posture!

We are publishing e-news (our blog) regularly, aiming for weekly updates. We've also increased our social media presence, so please follow Taylor'd Ergonomics on Facebook, Linked In, and Twitter.

To subscribe to our e-news, send your email address to us by:

**Calling: 519 623 7733**

**Emailing: [info@taylordergo.com](mailto:info@taylordergo.com)**

**Texting: 905 979 0356**

If you have not been following our blog, here's some of what you've missed:

- How ergonomics can make an HR manager look great
- Changing your tires? Which wrench is right?
- An ergonomist is always "on" (How our occupation changes our view of the world)
- Hiring? What should orientation include about ergonomics?
- Use 2 hands! (Why you should train yourself to use your left and right hands equally)
- Give snowplow drivers a hand up: Start the season with ergonomics training
- Is home-school ergo taking on a new priority?

### Five more ways that Taylor'd Ergo honours our environment:

- 1.** We are still meeting face-to-face once per month (with Covid protocols), but every second team meeting is now virtual, reducing our total mileage by almost 400 km/month!
- 2.** We're collecting data on our tablets instead of paper, whenever possible.
- 3.** Our employee ergo surveys are now completed and returned electronically.
- 4.** We're using "RocketBooks" to take notes in environments where we can't take our tablets. Never heard of a "RocketBook"? Check it out here: <https://getrocketbook.com/> or look for it at your local office supply store. It uses an erasable gel pen, and allows us to use a phone to scan and upload our notes directly to the appropriate folder.
- 5.** We're scanning and saving the few documents that still require paper, so the paper can be recycled. No more (new) client files!

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

### Our team:

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All of our ergonomists are members of:



ASSOCIATION OF CANADIAN ERGONOMISTS  
ASSOCIATION CANADIENNE D'ERGONOMIE



## Budget-planning for your 2021 ergonomics program?

Our 2021 program plan (with pricing) is now available—contact us and we'll gladly send it out to you. It includes the themes for our planned monthly bulletins, and two contests, as well as the courses that you can send participants to, at discounted rates.

We offer full ergonomics programs, from \$20,000/year and up, depending on how often you want an ergonomist on-site.

## Two ways to help FoodBanks Canada

The use of food banks has doubled in some areas. In the spring, we developed a presentation for home office workers, to help them set up their new work environment ergonomically. It's available to individuals at no cost. We offer a licence to install a customised version of this program on your company's intranet, for \$500. We're donating 50% of these fees to FoodBanks Canada Covid 19 Response.

We're also co-ordinating a **food drive**; reach out to any of our ergonomists for more information.

## New employee orientation

New employees are prone to injury, and they are also apt to pick up bad habits when they first start a job. Counteract that tendency by adding an ergonomics module to your new employee orientation.

We can customise our new half-hour orientation module, which includes detailed instructor notes. The module features a hands-on activity to get participants out of their seats—so important on those first long days! The presentation also includes “things an ergonomist wants you to know.” Contact us for details, since we have not even put this package on our website yet!

## Visit our NEW store for:

### Remote office ergo assessments

Home office employees are starting to report the aches and pains that have been brewing since spring. Offer them an ergo assessment, which you can book with a few keystrokes.

### Swag

Shop for items that will remind employees and ergo team members that ergonomics is top of mind at your organization. (We have mugs, shopping bags, travel tumblers, and more, all with an “ergo” message.)

### Site licences for...

#### ... ergo awareness materials

Miss our puzzles, articles, and monthly bulletins? You can purchase a one-year awareness package that includes everything you need to keep employees thinking about ergonomics all year long, branded with your company name.

#### ...ergo posters

You can buy hard copy posters, or licence an electronic copy that you can post on your intranet, or post in key locations. We currently offer posters for stretching, office ergo adjustment, lifting tips, driving tips, and strengthening for work.

#### ...Coaching plans for heavy equipment operators

Let your Supervisors or JHSC reps use these practical, hands-on lessons to encourage snow plow and other heavy equipment operators to use ergonomics every day.

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