

DAY ONE

## MUSCULOSKELETAL DISORDER (MSD) PREVENTION

2-DAY



- Understand what is required for an effective MSD Prevention Program from developing a policy to training employees; based on Ontario's Guidelines.
- Assess MSD workplace hazards including force, static work, awkward postures, impact loading, cold/heat, vibration and repetition
- Learn to apply ergonomic design guidelines, using anthropometrics for working heights, reaches, bending, equipment design and workstation layout
- How to develop solutions to minimize MSD hazards

### PLEASE NOTE

For all courses, participants will receive a detailed participant manual which includes the course presentation, all audit forms and worksheets. A Certificate of Achievement is provided upon successful completion of each course.

CHOOSE | COURSE

DAY TWO

### HEALTHCARE

MSD hazards related to Caregivers (RNs, PSWs), laboratory work, cleaning & laundry tasks

- Determine upper limb and back injury risk using Ergonomic Assessment tools for Health Care
- Best ergonomic work practices in Health Care – case studies for RNs, cleaning, laundry and kitchen tasks
- Use anthropometrics to design workstations and select proper tools and equipment
- Engineering and administrative strategies to reduce injury risk in HealthCare – proper handling and transferring
- Ergonomic tools and equipment available for patient handling, lab work, cleaning and laundry tasks

DAY TWO

### EDUCATION

MSD hazards for Libraries, Custodians, Educational Assistants & Instructors

- Determine upper limb and back injury risk using Ergonomic Assessment tools for Education tasks
- Best ergonomic work practices in Education – case studies presented for Custodian and Librarian
- Use anthropometrics to design workstations and select proper tools and equipment
- Engineering and administrative strategies to reduce injury risk in Education
- Ergonomic tools and equipment available for Custodians, Educational Assistants and Libraries

DAY TWO

### MANUFACTURING

MSD hazards related to repetitive work including assembly line, cell work & manual material handling

- Determine upper limb and back injury risk using Ergonomic Assessment tools for repetitive and manual handling tasks
- Best ergonomic work practices in production – case studies to demonstrate reductions in cycle times, improvements in efficiency and reduction of waste
- Lean manufacturing – how does ergonomics fit in?
- Use anthropometrics to design and set up work cells, assembly lines, machines and tools
- Engineering and administrative strategies to reduce risk

## WORKSTATION ERGONOMICS – PREVENTING MSDs IN THE OFFICE

1-DAY

This workshop will teach participants to confidently assess and set up computer workstations to minimize injury risk.

- CSA Guidelines for the Office and Computer User, BIFMA Ergonomic Guidelines and others
- Learn how to properly adjust the monitor, keyboard, mouse, chair, desk and other equipment
- General Computer Workstation Set Up Guidelines - working heights, reaches, anthropometrics
- Conduct an Ergonomic evaluation using an ERGO Audit form – computer, sit-stand workstation, counter work etc.

## COMPLETING PHYSICAL DEMANDS ASSESSMENTS

1-DAY

This hands-on workshop will give you all the skills and knowledge needed to conduct Physical Demands Assessments confidently and accurately.

- Ensure the PDA meets all legislative requirements and your return to work purposes
- Definitions of demands – frequency vs. duration, lifting, lowering, gripping types, handling, mental demands, dexterity, mobility, stooping vs. squatting, postures etc.
- How to collect the data – step by step procedures while onsite at the job to ensure validity
- Describing the job – what should be documented, identifying essential job duties
- Complete a PDA



Learn from the professionals at ERGO Inc.

# CERTIFICATE WORKSHOPS

Space is limited. Register today.

# 2010

CERTIFICATE WORKSHOP	LOCATION (S)	DATE (S)	WORKSHOP PRICE	CONTACT INFORMATION
<b>Musculoskeletal Disorder (MSD) Prevention in... HEALTHCARE</b>	TORONTO, ON BARRIE, ON	<input type="checkbox"/> May 5-6, 2010 <input type="checkbox"/> Nov. 10-11, 2010	\$895.00 + GST	<p><b>Please clearly provide us with all of the following information:</b></p> <p>Name / Job Title: _____</p> <p>_____</p> <p>Company: _____</p> <p>Complete Mailing Address (Including Postal Code):</p> <p>_____</p> <p>_____</p> <p>Phone: _____</p> <p>Fax: _____</p> <p>Email: _____</p> <p><b>METHOD OF PAYMENT</b></p> <p><input type="checkbox"/> Cheque made payable to ERGO</p> <p><input type="checkbox"/> Invoice my company please, PO # _____</p> <p><b>Send completed form and payment to:</b>            ERGO, 1889 Innisbrook Street, Innisfil, ON, L9S 5A3            or Fax 705.436.4619 or Register Online at <a href="http://www.ergoconsulting.net">www.ergoconsulting.net</a></p>
<b>Musculoskeletal Disorder (MSD) Prevention in... EDUCATION</b>	TORONTO, ON BARRIE, ON	<input type="checkbox"/> May 5-6, 2010 <input type="checkbox"/> Nov. 10-11, 2010	\$895.00 + GST	
<b>Musculoskeletal Disorder (MSD) Prevention in... MANUFACTURING</b>	TORONTO, ON BARRIE, ON	<input type="checkbox"/> May 5-6, 2010 <input type="checkbox"/> Nov. 10-11, 2010	\$895.00 + GST	
<b>Workstation Ergonomics – Preventing MSDs in the Office</b>	TORONTO, ON BARRIE, ON	<input type="checkbox"/> May 3, 2010 <input type="checkbox"/> Nov. 8, 2010	\$595.00 + GST	
<b>Completing Physical Demands Assessments (PDAs)</b>	TORONTO, ON BARRIE, ON	<input type="checkbox"/> May 4, 2010 <input type="checkbox"/> Nov. 9, 2010	\$595.00 + GST	
<p><b>10 % discount for registering for 2 or more courses, registering and paying more than 30 days in advance of course and for students.</b></p> <p><b>Payment Options:</b> Cheque or Money Order made payable to ERGO. We do not accept credit cards.</p> <p><b>Cancellation and Refund Policy:</b> Refunds will be given for cancellations received 2 weeks prior to course date subject to an administration fee of \$100.00 + GST. If you register &amp; do not attend you are liable for the full registration fee. ERGO Inc. reserves the right to change the content and/or the location.</p>			<p>Subtotal</p> <hr/> <p>Less discount if applicable</p> <hr/> <p>Total</p> <hr/> <p>GST (# 869891838)</p> <hr/> <p>TOTAL Due</p>	



“Great course! Very informative you are a wonderful teacher and speaker.”

Catherine Campese, Humber River Hospital



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