



Evaluating Risks in Growing Occupations Inc.

E-NEWSLETTER

SEPTEMBER 2009

FEATURE ARTICLE

IS YOUR ORGANIZATION PREPARED FOR THE WORKWELL HEALTH & SAFETY AUDIT?

The WSIB conducts the Workwell Health & Safety Audit on hundreds of organizations each year.

Find out if your company is at risk:

- ❑ Do you have high accident costs (above your industry average)?
- ❑ Have you had a critical injury recently?
- ❑ Has your frequency of injuries increased in the past year?
- ❑ Have you had an increase in your accident rates?
- ❑ Do you have a history of non-compliance with the Occupational Health & Safety Act (OHSA)?



If you have answered “yes” to the above questions, your organization may be a target for WSIB’s Workwell Health & Safety Audit.

The passing score of the audit is 75%, and can mean premium charges to your company if the score is not brought to the passing standard within 6 months of the audit. According to Workwell statistics, 74% of companies fail on their first evaluation. On a positive note, with Health & Safety program improvements, 75% of these companies passed the audit on their second evaluation – a big savings in potential premium charges!

A common gap in many Health & Safety programs is ensuring that all jobs have been assessed to identify work environment health and safety hazards. ERGO Inc. has a systematic approach to conducting safety and ergonomic hazard assessments, including recommendations on controls to implement and assistance with developing safe work operating procedures and other required policies and procedures.

The key to cost savings is being proactive. For more information or additional ways ERGO Inc. can assist to improve your organization’s Health and Safety Program, visit our website:

www.ergoconsulting.net



UPCOMING ERGO SEMINARS & EVENTS FOR 2009

1 DAY CERTIFICATE WORKSHOPS

November 3, 2009, Barrie, ON
Musculoskeletal Disorder (MSD) Prevention & Completing Ergonomic Risk Assessments

November 4, 2009, Barrie, ON
Office Ergonomics – Preventing Musculoskeletal Disorders in an Office

November 5, 2009, Barrie, ON
Completing Physical Demands Assessments

To register or for more information visit our website www.ergoconsulting.net or call us at (705) 436-4504

OTHER EVENTS...

September 30 – October 1st, 2009
Schedule 2 Conference & Tradeshow. Visit us at our booth for free Ergonomic Toolkits

Marnie Downey, M.Sc., CCPE, CK, will be speaking on October 1st:
Making a Business Case for Ergonomics – Quantifying the Benefits of Musculoskeletal Disorder Prevention

Alexandra Stinson, B.Sc., CK will be speaking on September 30th:
Guidelines for Repetitive Work

September 10th, 15th, 23rd & October 8th
Excellence in Manufacturing - Staying Compliant in a Lean Economy – FREE Event. ERGO Inc. will be presenting on MSD Prevention. Visit www.emccanada.org for more information.

NEW BABY ERGONOMICS

✓ Snuggle Front and Centre

Keep your posture in mind at all times when holding the infant and make sure that you are standing up straight with good back posture. Try to minimize the time you carry your baby around in the car seat. If you must, try to hold the car seat in front rather than off to the side of the body.

✓ Diapering and Bathing Tips

Set your diapering surface to waist height to allow you to maintain straight back postures. Instead of bathing in the tub, try to position the tub on a sturdy surface or countertop to avoid bending and/or crouching.

✓ Stroller Safety

When walking with the stroller your back should be straight and elbows slightly bent. Ideally, handles should be height adjustable so that you and your spouse can both achieve this position. If you have a stroller with fixed handles look into handle extenders. Remember to kneel down to one knee to get your baby in and out of the stroller rather than bending forward at the waist.

ERGO UPDATE

PORTABLE ANTI-FATIGUE MATTING REVISITED

In the June 2009 newsletter, an article on ErgoMates, a form of portable anti-fatigue matting was reviewed. The Occupational Health Clinics for Ontario Workers and Laurentian University conducted the research for this article.

Since then some valued feedback from our clients about ErgoMates has indicated the following:

- ✦ Ensure you determine whether ErgoMates are suitable for your environment. The looped outsole can trap debris, etc. that may be present in your work area.
- ✦ As with all anti-fatigue matting and insoles, regular workplace inspections should be conducted to ensure the walking surface is even and the outsole is in good condition. The lifespan of a pair of ErgoMates has been reported anywhere from a couple months to a year depending on your work environment.
- ✦ The weight of the ErgoMates has been reported to cause some employees to have lower limb issues as the weight of the 'shoe' is increased.
- ✦ Ensure the outsole properly fits your CSA footwear to prevent slips, trips and falls.

THIS IS WHAT OUR VALUED CLIENT'S SAY ABOUT US...

"I would highly recommend ERGO to any customer who needed assistance in ergonomic assessments."

Margo Stuart, Director of Employee Services
Four Seasons Hotels and Resorts

ERGO TIP: REDUCING EYE STRAIN

- ✦ Follow the 20/20/20 rule. For 20 min of computer work take a 20 second break looking at something 20 feet away.
- ✦ To combat dry eyes:
 - Ensure the computer screen is 10-15 degrees below eye level
 - Drink more water
 - Decrease your caffeine intake
- ✦ If you wear glasses:
 - Ask your optometrist what the optimal viewing distance is and set your monitor to that distance.



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