



Manufacturing Musculoskeletal Disorder Prevention Training

Teach your employees Injury Prevention Strategies & Best Work Practices using ERGO's Interactive, Hands-on Modules

Learn from the professionals at ERGO Inc.



ERGO for Manual Material Handlers

Guidelines and strategies for safe manual material handling



Best Practices Modules:

- Safe lifting, carrying, pushing and pulling
- Gripping and handling
- Workstation set up
- Warm-ups and stretches

I'd like to learn more.



ERGO for Assembly Workers

Guidelines and strategies for safely working in repetitive assembly type tasks



Best Practices Modules:

- Continuous flow conveyors
- Work cells
- Repetitive and static work
- Gripping and handling
- Warm-ups and stretches

I'd like to learn more.



ERGO for Engineers, Designers and Safety Committees

Guidelines and strategies to assess and improve the work processes, set ups and environment using Ergonomic guidelines and risk assessment tools



Best Practices Modules:

- Identify and measure hazards - force, awkward postures, repetition, static work, vibration, impact, cold
- Causes of MSDs and Ontario's MSD guidelines
- Workstation design and anthropometrics – layout, heights, reaches, material flow, sit and stand stations
- Engineering and administrative controls
- Ergonomics and lean manufacturing

I'd like to learn more.



ERGO for Administrative Staff

Guidelines and strategies for safely and efficiently working at a computer workstation



Best Practices Modules:

- Monitor, keyboard and mouse set-up
- The chair, including proper adjustment
- The environment – lighting, noise
- Workstation set-up

I'd like to learn more.

INFORMATION REQUEST FORM Send to ERGO Inc. via email downey@ergoconsulting.net or fax (705) 436-4619.

NAME

COMPANY

PHONE

EMAIL



Evaluating Risks in Growing Occupations Inc.

PROFESSIONAL ERGONOMIC AND INJURY MANAGEMENT SERVICES

tel: 705-436-4504 fax: 705-436-4619 email: downey@ergoconsulting.net

www.ergoconsulting.net

PLEASE NOTE

All courses can be customized. Training can range in length from 15 minute Safety Talks to 2 day interactive, hands-on sessions.