



Evaluating Risks in Growing Occupations Inc.

E-NEWSLETTER

JULY/AUGUST 2010

FEATURE ARTICLE

CANADA IS TAKING AN IN-DEPTH LOOK AT ERGONOMICS - ARE YOU?

With Ontario's MSD Prevention Guideline being published in 2008, and the CSA drafting two Ergonomic Standards this year, the increasing focus on Ergonomics is hard to miss. The question is: are corporations putting the same focus on their Ergonomics Program as they should be: or do they even have one?

Statistical injury trends show that MSD injuries "still remain the single largest source of worker injury in Ontario" (WSIB, April 1, 2010). Thus MSDs are the most significant draw on corporate funds and finances. In these recessionary times, prevention groups and the MOL are looking to see that employers are taking a stronger stance when mitigating MSD concerns. Layoffs and the economic downturn are not an excuse to halt MSD prevention programs. In fact, the general expectation is that workplaces will use this time to create and develop the building blocks to assist in preventing MSD workplace injuries. To help further assist companies build a foundation to successfully address and combat these injuries, several initiatives have been started.

- DRAFT CSA Z1004 "General Workplace Ergonomics": This standard specifies requirements and provides guidance for the systematic application of ergonomics principles to the development, design, use, management and improvement of work systems. (http://ohs.csa.ca/standards/ergonomics/General/Z1004_Scope.asp)
- DRAFT CSA Z2000 "Canadian Health Care Facilities": This standard provides requirements and guidance for the planning, design, and construction of Canadian Health Care facilities (ACE, June 2010)
- MOL "Pains and Strains in the Workplace Tool": An online tool that is intended to provide both employers and employees an information based resource to combat some common MSD concerns (http://www.labour.gov.on.ca/english/hs/pubs/pains/pains_strains.php)

UPCOMING ERGO SEMINARS & EVENTS FOR 2010

CERTIFICATE WORKSHOPS

Workstation Ergonomics – Preventing Musculoskeletal Disorders in the Office

November 8th, 2010, Barrie, ON

Completing Physical Demands Assessments (PDAs)

November 9th, 2010, Barrie, ON

Musculoskeletal Disorder (MSD) Prevention & Completing Ergonomic Risk Assessments in HEALTHCARE, EDUCATION or MANUFACTURING – 2 days

November 10-11th, 2010, Barrie, ON

OTHER UPCOMING EVENTS

Schedule 2 Employers' Group Annual Conference (Toronto, ON)

September 29th & 30th, 2010

Visit us at our booth #111 for our *new Back Safety Toolkit* or attend one of our sessions.

Jennifer McGillis will be presenting "**Participatory Ergonomics – Involving Employees in Reducing MSDs**"

Sarah Snable will be presenting "**Ergonomic Analyses of Lifting Tasks – Determining a Safe Lifting Limit**"

MINISTRY OF LABOUR BLITZ

The Ministry of Labour has announced that September and October will be dedicated to Musculoskeletal Disorder (MSD) prevention. Last year's Blitz had over 1,500 companies visited by the MOL and over 4,500 orders written. Be sure you are prepared.

To ensure you are designing to “fit the person”, you should know the anthropometrics (body measurements and sizes) of people. Obtaining current anthropometric research can be a costly enterprise with publications costing into the hundreds and thousands of dollars. However, a practical and effective way to obtain this information is to measure your own workforce. Set up a program whereby people measurements are obtained by using your own employee’s anthropometrics. This will not only ensure you are designing for the correct demographic, but can decrease costs by ensuring the correct equipment is purchased.

Some key measurements to obtain include:

- ✦ Elbow Height
- ✦ Shoulder Height
- ✦ Eye Height
- ✦ Forearm length
- ✦ Arm length
- ✦ Knee height

For assistance on how to develop an anthropometric program contact us today.

ERGO LEARNING

JOINT HEALTH & SAFETY COMMITTEE LEARNING

Customize your Joint Health & Safety (JHSC) or Ergo Committee training to meet your company’s needs. 1-3 day formats available.

FUNDAMENTALS OF ERGONOMICS AND INJURY PREVENTION

- ✦ 1 or 2 Day format recommended
- ✦ For committees that are just starting to become involved in ergonomic issues and concerns
- ✦ MSD hazard identification
- ✦ Simple Risk Assessment procedures
- ✦ Strategies for developing sound, practical ergonomic solutions to your company's MSD concerns
- ✦ Uses examples, pictures and video of your company's processes and work areas to complete an assessment

ADVANCED ERGONOMICS AND MSD PREVENTION PROGRAMS

- ✦ 2-3 day format recommended
- ✦ For Committees and Engineers that have advanced ergonomics program elements implemented
- ✦ Summarizes content of fundamentals of ergonomics and injury prevention strategies
- ✦ In-depth Risk Assessment procedures using industry standards and guidelines
- ✦ Workstation design using anthropometrics
- ✦ Hands-on onsite assessments

Contact us today for an estimate or for any of your ergonomic or injury prevention needs.

ERGO UPDATE

Feature Product 7Flex Flat Panel Radial Monitor Arm



- ✦ This monitor arm provides a full range of height and depth adjustability.
- ✦ This product offers 6 mounting options (desk clamp, thru-desk & wall mount)
- ✦ Adjustment horizontal & vertical range & rotates 360-degrees.
- ✦ Call us today for a quote on this and other ergonomic products.



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