

ERGONOMICS

Victoria and Area Office Ergonomics Specialist: Dale Braun, B.Sc. Kin., RK

Dale Braun has extensive experience in office ergonomics throughout Western Canada. Dale focuses on controlling the risk factors related to the workstation (matching job duties to the workstation layout and set-up) as well as the risk factors related to our work habits and posture. In conjunction with optimal workstation set-up, workers must find ways to incorporate better work postures, micro-breaks to interrupt prolonged sitting and minimizing excess muscle tension. Dale ensures that every assessment has lasting value in the form of greater awareness and principle-based education for the employee to apply to improve their physical health in all areas of their lifestyle.

Office Ergonomics Services:

- **Pro-Active Computer Workstation Ergonomic Assessments:**

ErgoRisk can complete an audit of selected workstations in an office to ensure musculoskeletal injury (MSI) risks are minimized. ErgoRisk uses on-line discomfort surveying to help prioritize efforts. During each assessment, recommendations will be discussed, particularly those that involve worker habits. The follow-up reports will provide detailed individual assessments as well as a prioritized list of recommendations. See our On-line Discomfort Tool description for more information. Verbal summaries to management will be provided on request.

Average pace for pro-active workstation assessments (i.e.: employees without significant symptoms/conditions) is 3 workstations/hour; report generation: 3-4 employees/hr.

- **Individual Computer Workstation Ergonomic Assessments:**

When a specific individual requests a workstation assessment, likely due to discomfort or a recent move, more time may be required to ensure an appropriate assessment of the MSI risks. As with the pro-active assessments, all recommendations will be discussed with the worker, emphasizing personal responsibility. The follow-up report will provide detailed individual assessment information including a list of recommendations. Verbal summaries to management will also be provided.

An individual workstation assessment will take up to 1 hour with up to 30 minutes for report writing. (Note that further time may be required if special purchasing recommendations are requested.)

- **Lunch and Learn or Safety Meeting Educational Sessions:**

ErgoRisk specializes in the delivery of lively, dynamic (and sometimes humorous) Lunch and Learn or Safety Meeting talks to promote the importance of personal responsibility, work postures and ergonomic workstation organization in the battle against developing musculoskeletal discomfort.

A session can also include an advanced tour of the office (pictures for the presentation optional).

ErgoRisk Management Group provides ergonomics tools, consulting and educational services to improve computer-based productivity and reduce risk of musculoskeletal disorder development.