

ErgoRisk's Industrial Ergonomics Specialist: David Coates, P.T., MCPA, B.Sc. Kin.

With degrees in Physical Therapy and Kinesiology, David Coates has spent the past 14 years developing a unique approach to ergonomics intervention and musculoskeletal injury management. His passion is in helping industrial workers in the trades, field and manufacturing environments tackle the many challenges they face when trying to avoid musculoskeletal injuries (MSI's).

Through crew educational sessions and workshops, David focuses on communicating how the body is meant to be used along with practical strategies for avoiding the risk factors related to our work, posture and movement habits. Workers can make better decisions to protect themselves once they understand how to avoid the traps of being your own worst enemy. These traps involve how we treat our body at work and at play through poor fitness, inadequate warm-up and lack of attention to safe movement strategies in day-to-day practices.

David ensures that every intervention has lasting value in the form of greater awareness and principle-based education that can be applied to improve physical health in all lifestyle areas.

Safety Meeting Topics:

(Please contact us for additional conference-type presentation topics on ergonomics and musculoskeletal injury avoidance.)

Topics:

1. General musculoskeletal injury awareness:
 - Risk Factors (Ergonomic Principles)
 - Early Signs and Symptoms (Discomfort Survey administration by request)
 - Movement Safety / Biomechanics
 - Warm-up and Stretching
2. Functional Spinal Stabilization (Back-On-Track)
 - Anatomy and biomechanics of the spine
 - Core stability principles
 - Functional work techniques
 - Proper lower extremity warm-up and hip flexibility
3. The Upper Extremity: Shoulder, Forearm, Wrist/Hand
 - Anatomy and biomechanics
 - Shoulder stability principles
 - Functional work techniques
 - Common disorders and proper management (Rotator Cuff Impingement, Carpal Tunnel, Tendinopathies)
4. The Knee, Foot and Ankle
 - Anatomy, biomechanics, alignment and muscle balance
 - Patellofemoral issues (pain under the knee cap)
 - Orthotics and quality work boot characteristics
 - Warm-up and exercise principles
 - Common conditions and how to manage

The ErgoRisk Management Group provides ergonomics tools, consulting and educational services to reduce the human and financial costs of musculoskeletal injuries.