

Month: October

Theme: Driving Ergonomics Home -

Overview: The average Canadian spends an hour a day commuting in their car (63 minutes per day/ 12 full days of your life per year). If you commute a lot or drive thousands of kilometers more, here are a few reminders on how to make the journey a little more comfortable and safer.



October

'Costanza' Wallet

- Sometimes driving over long distances can be a pain. Literally.
- Ergonomics for high mileage drivers focuses on your back and your brain.
- We'll start at the bottom and work our way up.



October

PULLEEZE!

- Briefcase – 12 lbs
- Carry-on – 22 lbs
- Suitcase – 35 lbs

Back pain from completing an all terrain course through your metropolis of choice: Priceless



October

Car Cubicle

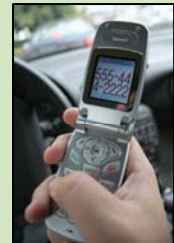
- First offices with walls became extinct.
- Then the office cubicles started to get smaller...and smaller.
- And then they finally kicked you out of the office and suggested that you 'telecommute'.
- How is your car cubicle treating you?



October

Driven to distraction

- You would never drive drunk at work.
- But would you drive exhausted?
- Have you ever dialed or texted while driving?
- Research shows that all of these can have the same effect as driving drunk.
- Are you surprised?



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