

Menu of Services - Industrial

ErgoRisk's approach focuses on controlling the risk factors related to the work environment, as well as the risk factors related to our work habits and posture. We ensure that every job evaluation or training session has lasting value in the form of greater awareness and principle-based education.

Industrial Ergonomics Services:

➤ Workplace Tour and Crew Talk:

If you aren't sure where to start but would like some help with ergonomics, we would recommend a site visit combined with a crew safety meeting. We can tour your operation, provide individual job coaching as needed to raise awareness and complete a follow-up recommendations report. In completing the tour, we can bring some site specific examples to an end-of-day crew safety meeting to talk about safe movement practices. This would be an excellent way to raise the profile of ergonomics and get some valuable direction on how to improve this important aspect of your safety program.

➤ Job and Workstation Assessments

ErgoRisk can perform an evaluation with recommendations if you are already aware of some areas of concern. This is particularly valuable for workstations with multiple operators, job tasks that are done regularly that seem to be common throughout the operation or shut-down job that involves many people that is outside of the norm. In completing our evaluation, we take the opportunity to coach workers on proper body mechanics so they can minimize risks. Along with a concise, prioritized report of practical recommendations, we will communicate with all stakeholders to ensure consensus.



➤ Industrial Athlete Job Coaching and Discomfort Management

Our knowledge of body mechanics and experience with industrial athletes makes us effective job coaches. Particularly for employees dealing with discomfort, returning from an injury or training on a new job, we can provide valuable job coaching to help the individual use their best body mechanics to minimize injury risk.

➤ Educational Sessions

ErgoRisk welcomes the opportunity to deliver a lively, dynamic (and sometimes humorous) Safety Meeting talk. We promote the importance of knowledge, awareness and personal responsibility to prevent musculoskeletal discomfort. Please refer to the other side of this for more details.

ErgoRisk Management Group provides ergonomics tools, consulting and educational services to improve worker productivity and reduce the risk of musculoskeletal injury (MSI) development.

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As an alternative (addition) to a site tour or ergonomic evaluation, you may want to have someone from ErgoRisk come in and present a crew talk for a particular topic or theme. Finding someone knowledgeable with passion for the topic is key to engaging the workforce. We focus 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.

Safety Meeting 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)



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