

Menu of Services - Office

ErgoRisk Management Group has been providing ergonomics consulting services since 1994 throughout Western Canada. Our team of Ergonomists provides expertise from a variety of backgrounds including physiotherapy, human factors engineering, and kinesiology. ErgoRisk's approach focuses on controlling the risk factors related to the workstation, as well as the risk factors related to our work habits and posture. We ensure that every assessment or training session has lasting value in the form of greater awareness and principle-based education.

Ergonomic Services:

- **Office or Industrial Workstation Ergonomic Assessments:**

ErgoRisk can complete assessments of selected workstations in an office or manufacturing area to ensure musculoskeletal injury (MSI) risks are minimized. Depending on volume of workstations, ErgoRisk can use an on-line discomfort survey to screen for high risk areas and prioritize efforts. During each assessment the evaluator works with the employee to arrange the work area to improve ergonomics as well as educate the employee on existing ergonomic risks and how to mitigate them. Specific recommendations will be discussed, particularly those that involve worker habits and behaviours including appropriate stretching activities. A follow-up report provides details of individual assessments as well as a prioritized list of recommendations.

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

ErgoRisk specializes in the delivery of dynamic and informative "Lunch and Learn" or Safety Meeting talks. These sessions are designed to educate employees against developing musculoskeletal discomfort by promoting importance of personal responsibility, safe work postures, and ergonomic work area organization. Sessions are available on a variety of topics including basic ergonomic principles, back safety, office ergonomics, safe lifting and material management, laptop ergonomics, 'road warrior' travel ergonomics and stretching programs (see the list below for more detail). Specialty classes can also be developed to meet a specific client need. As well, 'train the trainer' sessions can be arranged to expand the knowledge base of in-house safety staff.

1. **Ergonomics 101:** Includes risk factors, ergonomic principles, early signs and symptoms, how to set up your computer (chair, keyboard, mouse, monitor, phone, documents), safe work postures, and stretching.
2. **Laptop Ergonomics:** Includes risk factors, ergonomic principles, early Signs and symptoms. This class is similar to Ergonomics 101 but focused on laptops and setting up laptops correctly in the office, at client sites, and when traveling.
3. **Office Stretching:** Includes a brief introduction to ergonomics, benefits of stretching and microbreaks, How to incorporate stretching into your day, practice with a variety of office appropriate stretches.

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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- **Other Ergonomic Materials**

ErgoRisk can assist organizations in the development of electronic or hard copy handouts or manuals tailored to the needs of the organization. Materials may show how to adjust particular pieces of equipment such as chairs or keyboard trays; they may contain stretches appropriate to particular job functions; or they can include additional information about a company's existing safety or ergonomics programs. We specialize in the development of material that raises ergonomics awareness as a whole and which can be easily included on the company intranet or similar applications.

- **Program Development Assistance**

ErgoRisk can assist companies in the development of an in-house ergonomics program in compliance with WorkSafeBC legislation.

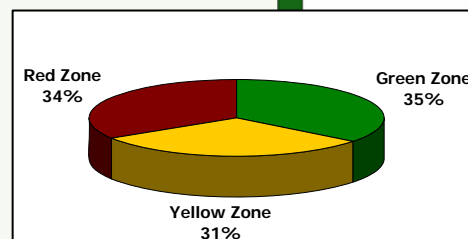
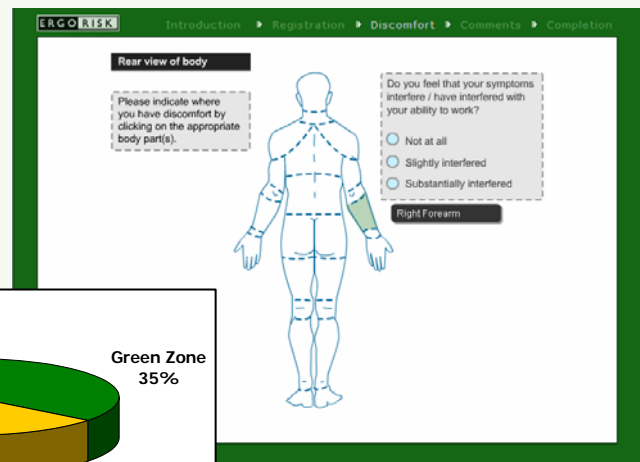
- **Product Assistance**

As needed, ErgoRisk can provide assistance regarding ergonomic product evaluation, selection and sourcing.

- **Discomfort Survey**

ErgoRisk has developed a simple, online screening tool to help identify and prioritize musculoskeletal injury symptoms that are lurking in your office – before they become a bigger problem. Employee awareness and early identification of problems two essential cornerstones of all healthy workplaces. Our simple online tool takes less than 5 minutes to complete. Your worker's comments are collected and summarized by us to promote accurate reporting.

In the end, you receive a detailed summary report so that you can plan your next step.



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