



**PROFESSIONAL ERGONOMIC, INJURY
MANAGEMENT & SAFETY SERVICES**

Ergonomists for Hire
Ergonomic Assessments
Ergonomic Workshops
PDAs & CDAs
Return to Work & Accommodation
Injury Management
Safety & Wellness

ERGO Inc. has been providing companies with practical solutions to real Occupational Ergonomic and Safety challenges since 1994.
HEAD OFFICE: 705-436-4504 | info@ergoconsulting.ca | www.ergoconsulting.ca

Workplace Assessment & Consulting Services

FREE POSTER DOWNLOADS

VISIT OUR WEBSITE: www.ergoconsulting.ca

ERGO Inc.'s educated, certified and experienced Ergonomists have delivered value added services to hundreds of organizations across Canada for over 25 years. Our efficient and practical team approach to problem solving has proven successful in reducing injuries, improving work processes, complying with standards and enhancing productivity.

"You can never go wrong with ERGO Inc. This is the **most professional** ergonomics consulting/training company of the many I have dealt with in the ergonomics field over the years. They never fail to provide the best quality."

Rick McClure, Training Manager, U.S. Steel Canada



Ergonomic Risk Assessments

- Improve the ergonomics of a job to reduce the risk of injury
- Identify ergonomic hazards & compare to standards
- Practical solutions to fix ergonomic issues



Physical & Cognitive Demands Assessments

- Document physical / cognitive job demands to assist with RTW & accommodations
- PDA & CDA reports in an easy to read chart format
- Job matching section for Health Care Professionals



Onsite Ergonomist for Hire

- Set up an internal, sustainable ergonomics process
- Complete Ergonomic Assessments
- Educate & participate in RTW accommodations
- Assist with job design & workstation set-up



Injury Causality Assessments

- Expert opinion whether a job contributed to an injury
- WSIB & claim support



Ergonomic Design Reviews

- Review workstation, equipment or process changes to ensure modifications comply with Ergonomic Standards
- Compare products, equipment, tools or workspaces to ergonomic design guidelines to reduce end-user injury risk



Office Ergonomics

- Comprehensive, Onsite & Virtual Assessments for individuals or groups of employees
- Reports provided with detailed recommendations & employee specific product purchasing information
- Office Ergonomic Programs, Resources, Auditing, Design & Training



Return to Work & Ergonomic Suitability Assessments

- Assess a job to determine if it is suitable for an employee with physical or cognitive limitations
- Identify ergonomic accommodation opportunities for a safe & sustainable RTW



Injury Management

- Post Offer Pre-employment Physical Testing program development & testing
- Safety Programs, Auditing, Procedures & Training
- Stretching Programs, Job Rotation Development & Wellness Initiatives



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Ergonomic Education & Training

ERGO Inc. has earned a reputation for its innovative, customized, practical and hands-on approach to education.

We provide participants with knowledge and easy to use problem solving tools so they can implement what they learn into their workplace.

READ OUR BLOG: **DESIGN TO FIT™**
TO SUBSCRIBE VISIT: www.ergoconsulting.ca

"Thank you for the session.. what a phenomenal job you did!... it was extremely successful and participants really found it **valuable and interactive.**"

Tamsyn Cooper, Wellness Coordinator



ERGOnomic Awareness & Injury Prevention

- Onsite or virtual, 1-2 hours on ergonomic principles & hazard identification
- Customized to be sector specific – manufacturing, warehousing, municipal, healthcare, education, construction, pharmaceutical & retail
- Learn ergonomic strategies to reduce injury risk



ERGOnomics for Engineers, Designers & Committees

- 1-3 day practical, company specific workshop with
- real workplace case studies
- Learn about ergonomic design, evaluation of jobs & injury prevention
- Certificates, templates & assessment tools included



Office ERGOnomics

- Onsite or virtual, 1 hour session on proper ergonomic computer set-up
- 1 hour Working at Home Webinar – Ergonomic tips for home work spaces
- 1 Day Train-the-Trainer Certificate Workshop - learn to conduct internal Office Assessments
- Receive an ERGO Toolkit card on proper ergonomic set up & stretches



How to conduct ERGOnomic Assessments / PDAs

- 1-2 days - learn to conduct Ergonomic Risk Assessments
- 1 day - learn how to complete Physical or Cognitive Demands Assessments
- Certificates, templates & assessment tools included



Manual Material Handling (MMH) & Back Safety

- 1-4 hours on back safety & ergonomic lifting guidelines
- Train-the-Trainer & Workplace Specific Safe Handling Program
- Receive an ERGO Toolkit card on proper MMH guidelines & stretches



ERGO Lunch & Learns, Safety Talks & Webinars

- Onsite or virtual, 1 hour sessions on office ergonomics, safe lifting, ergonomic awareness, stretching & wellness
- Receive ERGO Toolkit cards or informational handouts

"The Ergonomic workshops were fantastic; thank you for your knowledge and skills. The LAVAL staff and I will totally benefit from the knowledge that I was able to retain from the workshop material."

Liana Crowe, Laval International

**WORKSHOPS
AVAILABLE
ONSITE OR
VIRTUALLY**



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Conducting Ergonomic Risk Assessments

- This workshop is full of practical assignments and case studies.
- How to conduct qualitative and quantitative Ergonomic Risk Assessments based on industry standards.
- Learn to answer questions like... "what is repetitive?", "what is a safe lifting limit?", "what can I do to reduce awkward postures?".
- Material handling & upper limb risk assessments completed on jobs from industry, healthcare & education.
- It is assumed that participants have a base knowledge of ergonomics.

Office Ergonomics- Preventing Injuries in the Office

- This workshop will teach participants to confidently assess and set up computer workstations based on ergonomic standards.
- Participants conduct real workplace case studies and ergonomic assessments on individuals with back, wrist, shoulder and neck injuries to determine the causes.
- Participants participate in product evaluation symposium to review the latest "ergonomic products and chairs".

How To Complete Physical Demands Assessments (PDAs)

- This hands-on workshop will give you all the skills and knowledge needed to conduct Physical Demands Assessments confidently and accurately.
- Participants will receive a template PDA format to use at their worksite.
- How to measure job demands, how to collect valid data & how to ensure your PDA will assist with job accommodations.

How to Complete Cognitive Demands Assessments (CDAs)

- Learn how to assess and document cognitive workplace demands to allow successful accommodation of cognitive related disabilities and limitations.
- A CDA template, with definitions of demands, will be provided for use at your workplace.
- A CDA will be completed and practiced using a sample job.

You Will Receive:

- ✉ A Certificate
- ✉ Reference Manual
- ✉ Templates for your Workplace
- ✉ Assessment Tools & Forms
- ✉ Sample Assessments
- ✉ ERGO Giveaways

WEBINARS & ONLINE TRAINING

4 Part ERGOmic Certificate Webinar Series for Health & Safety Professionals

Four, 1-hour sessions teach how to ergonomically assess a workplace using real workplace examples & case studies.

Webinar 1 – Setting up a sustainable Ergonomics process

Webinar 2 – Ergonomic accommodation strategies

Webinar 3 – BackSafe / MMH - how to evaluate manual material handling tasks

Webinar 4 – ARMS - how to assess repetitive upper limb & hand work

4 Part Office ERGOmic Evaluator Certificate Webinar Series

Four, 1-hour sessions on how to assess and set up computer workstations using case studies.

Webinar 1 – Setting up an Office Ergonomic Program

Webinar 2 – From the Ground Up - Sitting & Standing Workstations

Webinar 3 – Hands, fingers, thumbs - Keyboard and Input Devices

Webinar 4 – Take a Look - Monitors, Laptops & Handhelds

Setting up a Home Office – ERGO Tips

1 hour session for employees working at home to ensure proper ergonomic set up to minimize discomfort.

Practical tips for using items already at home & step by step videos to demonstrate adjustments.

ALL WEBINAR RECORDINGS AVAILABLE TODAY

www.ergoconsulting.ca