

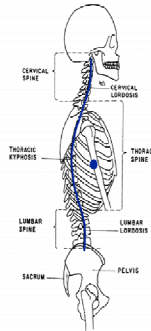
## What is Ergonomics?

A systematic and rational means of specifying work that is within the expected capabilities of select groups of people.

**“Fitting the task to the worker”**

## Why Have Ergonomics?

- Cost of being wrong in work design could result in high injuries, lost productivity, & poor quality
- Promotes good employee & public relations
- Competition is often doing it
- Scientific knowledge exists & advancing everyday
- Increases morale within the workplace
- Legal requirements



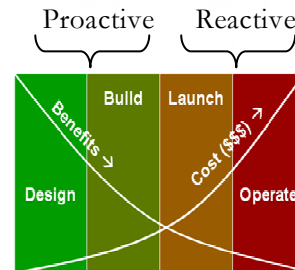
## Goals of Ergonomics

- Reduce the risk of injury, fatigue, & error
- Improve productivity & quality
- Improve quality of worker environment
- Increase profit
- Being proactive, rather than reactive



## Why Proactive Ergonomics?

**“STOP THE PROBLEM BEFORE IT STARTS”**



Proactive: Anticipatory

Proactive ergonomics, is the best approach; but often the most forgotten. Ergonomists are usually contacted **AFTER** a work-related injury is reported, rather than **BEFORE**. Practicing proactive ergonomics will increase the probability that the benefits exceed the cost in the short and long term.

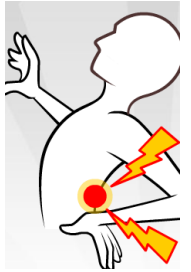
## The Job of the Ergonomist

- **Communication**
  - ✓ Share ideas with everyone involved (manager, employee, ergonomist)
- **Recognize Potential Risks**
  - ✓ Identify possible risks such as forces, awkward postures & repetition
- **Assess the job**
  - ✓ Quantitatively & qualitatively
- **Recommend & Justify Changes**
  - ✓ Administrative & engineering changes
- **Follow-Up**
  - ✓ Evaluate the changes made (success in both short & long term)

## Ergonomic Services We Offer

### **Ergonomic Risk Assessment:**

- Analyzes the individual or group's risks involved with performing their job.
- Make recommendations / suggestions on site & in a professionally organized report



### **Physical Demands Analysis & Job Site Analysis:**

- Analyzes the manual & physical labour required to perform the job.
- A professional report is given to the employer or insurance adjuster, listing the essential & non-essential duties required to perform the job; along with the written component is a breakdown of the demands in a chart format.

### **Ergonomic Presentations:**

- A presentation can be given to your group or organization targeted toward your specific ergonomic needs. Length of presentation depends on what you feel is necessary.

**No ergonomic problem is too big or too small - call or email us today!!!**

## Facts Regarding Workplace Injuries

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- 2.3 million Canadians age 20 and over have sustained a repetitive strain injury that affected their activities of daily living (Statistics Canada)
- Repetitive strain injuries account for more than 50% of all reported injuries (WSIB)
- The injuries are costing Canada between \$1 to 2 billion/year (Alberta Human Resources and Employment)

### Mike Lanigan, BSc (Kin), CK: Ergonomic Consultant

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- A Bachelor of Science degree in Kinesiology from the University of Waterloo.
- A member of the Association of Canadian Ergonomists.
- Brings a strong foundation in ergonomics & modern research.
- Promotes current, up-to-date ergonomics to workers & employers with the goal of preventing & minimizing injuries experienced from the workplace.
- Has experience working with manufacturing plants, office jobs & various workplaces around Eastern Ontario.



### Our Goals...

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- Reduce employee turnover
- Reduce absenteeism and disability
- Reduce costs spent on health care
- Improve productivity and morale
- Improve employee health

### Other Health & Wellness Services We Offer

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- Physiotherapy
- Personal & Sport Specific Training
- Exercise Therapy
- Massage Therapy
- Nutrition Consultation
- Psychological Counselling
- & much more...

### Locate Us

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**Limestone Health Consultants Inc**  
Atrium Mall, 2<sup>nd</sup> floor  
541 Days Road  
Kingston, ON



## Ergonomics & Occupational Biomechanics Consultation

“As a company, we have years of experience in assisting individuals, insurance companies and employers. We are especially proud of our combined experience in disability management and rehabilitation. We look forward to working with you to help individuals and employees achieve their goal of functioning at their pre-injury and/or maximum level of recovery.”

**WE offer ergonomic services based on YOUR goals and needs!**

### Contact Us

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