



ANDERSON
ERGONOMICS CONSULTING INC.



Industrial Ergonomics Services

Anderson Ergonomics Consulting knows how much you value good service and we want to ensure that all of your Ergonomic needs are met. Anderson Ergonomics hires only Canadian Certified Professional Ergonomists (CCPEs) or fully qualified individuals and we have a combined experience of over 50 years in the field of Ergonomics.

Industrial Assessments

Individual Assessments

Individual assessments are performed with one individual who may be having issues. They are done using standard ergonomic assessment tools, including NIOSH equation, RULA, REBA, Snook tables, etc.) During the assessment, issues are understood, observations are made of current work practices, and any potential risks are identified and discussed. Individual coaching is done to assist individuals in proper body mechanics and processes. Appropriate engineering, administrative controls are discussed and identified in a report. A risk assessment can be done in conjunction with a PDA to analyze and address possible risks identified during the PDA.

Group Assessments

Group assessments involve several people in an area who perform similar tasks. They are done in the same way as individual assessments, with a focus on identifying work processes and tool / equipment selection which can address the needs of all users. Group training on proper body mechanics and processes may come out of this type of assessment. Appropriate engineering, administrative controls are discussed and identified in a report. A risk assessment can be done in conjunction with a PDA to analyze and address possible risks identified during the PDA.

Employee Behavioural and Body Mechanics Coaching

Our consultants work one-on-one with your employees to study their work habits and teach them what is contributing to their injuries or discomfort. We study their movement patterns, body mechanics, show them video or digital photos of themselves working, and educate them about how to do this work more safely and comfortably.

Ergonomics Audit

Our consultants can perform a walk-through of your shop or process areas, videotape and/or take digital photos, and conduct an audit to identify the risk factors in your processes. At the end of the audit, we can meet with your employees in a debriefing to discuss risk factors and educate them on behavioural tips they can do to improve their movement patterns and reduce their risk for injury. Other information identified during the audit will be discussed as well as recommendations for reduction of risks.

Physical / Job Demands Analysis

A Physical / Job Demands Analysis (PDA/JDA) is the cornerstone of the analytical process used to determine the compatibility between a worker and a specific job. One of our primary goals is to ensure that our PDA's can be directly compared to the results of a Functional Capacity Evaluation



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(FCE) to better assist in determining an appropriate return to work strategy. The JDA includes some of the cognitive aspects of a job.

Vehicle Assessments

Our consultants can work with your people who perform a lot of driving to help them set up their vehicle appropriately. We will look at posture, length of time in the vehicle, laptop use in a vehicle, and recommend proper set-up, postures, and any accessories that may assist them (if required).

Industrial Ergonomics Training

“Driver’s Injury Prevention through Ergonomics”

This course focuses specifically on ergonomic issues with people who drive frequently or long distances for their job. This seminar is designed to teach employees how their body works and how to prevent injuring it while driving, lifting and laptop use in the vehicle. It incorporates stretches that can be done to prevent discomfort, both in and out of the vehicle.

“Back Care and Repetitive Strain Prevention for the Industrial Worker”

Our consultants are exceptionally trained and skilled at teaching industrial employees how ergonomics applies to their work environments and how to prevent injury. This hands-on practical approach is tailored to suit the needs of individual clients. We have specific experience in oil & gas, laboratory, hospital, electronics manufacturing, warehousing, and brewery.

“Orientation to Ergonomics for Laboratory Environments”

Anderson Ergonomics has had a lot of experience working with laboratory environments and has developed a course specifically for this type of worker. This course covers the risk factors for injury associated with phlebotomy, pipetting, microscope use, lifting, working on computers, etc. We have developed a training pamphlet to go specifically with this course.

“Tool Box Talks”

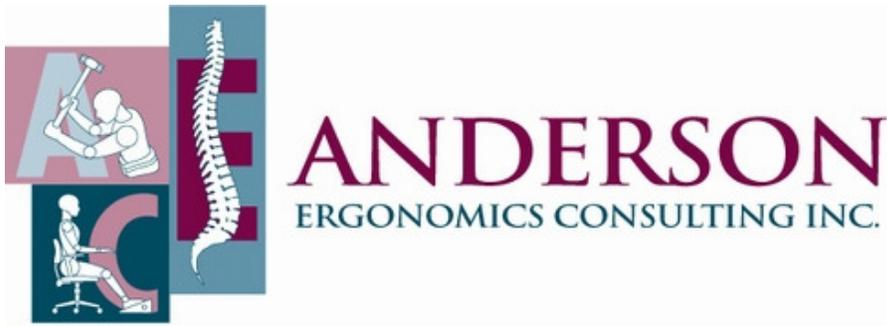
These are short pieces of information, provided in the form of recipe-style cards, that discuss specific risk factors for injury in the workplace and tips to reduce the risks. Each card holds one risk factor and a discussion about it. These can be used by a Safety Manager, Area Supervisor, or Safety team member to hold interesting and informative discussions about ergonomics in the workplace.

“Ergonomics for a Healthy Lifestyle”

You already know about Ergonomics and how to set up your workstation. Now you want to know more so that you can have an "Ergonomically-correct Lifestyle", which will enable you to enjoy pain-free activities outside of work. This 1-1.5 hour seminar is designed to teach you how to avoid repetitive strain and back injuries while doing the things you love most. You will learn which postures are best, and how to lift and bend properly. You will also learn some wonderful stretches to relax those tense muscles.

“Warm-Up, Stretch and Strengthen For Work”

Our stretching programs provide training, to employee "leaders", on how to lead a stretching program within their company. Once the "leaders" have been trained in the proper way to stretch and how to



motivate a group of their peers, all employees can benefit from stretching at scheduled times of day to improve blood circulation, muscle relaxation, and reduced stress.