

QUINTE ASSESSMENT AND TREATMENT GROUP INC.



WORKPLACE SERVICES

ERGONOMIC SERVICES AND PROGRAMS

ERGONOMIC ASSESSMENT

Ergonomics is the art and science of combining good habits and optimizing the environment to meet an individual's needs. Matching the capabilities of a person with the requirements of the tasks that they perform leads to improvements in productivity and product quality, job satisfaction, as well as increased occupational safety and health.

A good ergonomic environment can also decrease loss of work time due to Repetitive Strain Injuries (RSIs), decrease medical costs associated with RSIs, decrease risks of developing chronic pain, and decrease psychological distress levels.

An Ergonomic Assessment looks at all the 'Human Factors'. It looks at both the employee and the workplace in order to create a better 'fit' between the two; and not just physical fit, the EA looks at psychological 'fit' and other aspects too.

An Ergonomic Assessment can be built on top of a formal Physical Demands Analysis or simply focus on assessing and solving a problem in the workplace.

PHYSICAL DEMANDS ANALYSIS

A PDA is a systematic approach to quantify and evaluate all the physical demand components of all the essential and non essential tasks of a job. PDA is a process of establishing what a job is, in its entirety, in a way that complies with the Ontario Human Rights Code. A PDA is the "cornerstone" of the analytical process used to determine compatibility between a worker and a specific job. The PDA requires reviewing the job description, observing the workplace and the client in the workplace, obtaining relevant workplace information from the client and employer, and providing a report.

A PDA may be conducted for workplace documentation purposes; as a requirement for WSIB or IAPA; for prevention of injury or accident purposes; as part of an Ergonomic Assessment; as part of a Work Conditioning Program; or as part of the process of assisting someone on Long Term Disability return to work.



WORK CONDITIONING PROGRAM

Work Conditioning is an active rehabilitation program that focuses on work related functional abilities as well as general fitness. When a client is off work for a period of time, Work Conditioning allows that client to gradually build their physical tolerances in a safe environment with the assistance of a therapist. The goal of the program is to safely return the client to the activities of daily living and/or work which is suitable.

Strengthening and conditioning exercises are combined with job simulation activities to gradually increase strength, endurance, flexibility and range of motion. A daily circuit of these activities is developed by the therapist with input from the client as well as information regarding the job in question. The goal of the circuit is to simulate the postures and activities required of the client when at work. In addition, education self management, and pain management skills are provided by the therapist throughout the program.

After orientation and training by the WCP Trainer, the client would normally work daily on their program at a home gym or a health club, with periodic check up and program adjustments checks by the WCP Trainer. Return to work would normally be expected within one to three months.

Ongoing physical therapy, psychological therapy, and counselling may also be provided along with the WCP, if required.

WORKPLACE ANALYSIS SERVICES

A Workplace Analysis provides the Employer with an ergonomic overview of the workplace and identifies potential workplace problem areas that might cause difficulties for the employees, loss of productivity, accident or injury.

The Consultant will provide a Workplace Analysis report with recommendations for further action.



WORKSTATION DESIGN AND IMPLEMENTATION

Ergonomic workstation design leads to improvements in productivity and product quality, job satisfaction, as well as increased occupational safety and health. This service looks at the workstation environment, job description, and tasks, discusses ergonomic options with management and employees, and then designs the workstation based on the ergonomic principles and the capacities of the employees. This service matches the workstation with the capabilities of the employee and the requirements of the tasks that they perform

CONSULTANTS

Dr. Greg Kerr M.Sc., D.C.

Dr. Greg Kerr is a Chiropractor with over 20 years of experience in private practice with an emphasis on assessment, treatment and management of injury and pain management as well as educating clients to make informed lifestyle and health choices. He has a keen interest in developing injury prevention and ergonomic assessment programs for industry and business. A graduate of Canadian Memorial Chiropractic College, he also has a bachelor's degree from Wilfrid Laurier University and a Master of Science Degree in Human Nutrition/Biology from the University of Bridgeport, Connecticut. Dr Kerr is an accomplished public speaker and has published many articles and features on health and lifestyle in numerous newspapers and magazines.

Stacy Berdan B.Sc. (HK)

Stacey Berdan graduated from the University of Guelph with a science degree in kinesiology with a biomedical minor. She worked in rehabilitation services for a decade with experience in hospitals, WSIB clinics and private rehab clinics. Stacy has considerable experience in physical demands analysis, ergonomic assessments as well as developing return to work programs.

QUINTE ASSESSMENT AND TREATMENT GROUP INC.

"Dedicated to Providing the Highest Quality Professional Service"



www.qxplore.com qcs@qxplore.com

208 John Street
Belleville Ontario,
K8N 3G1

Phone: 613-966-4262

Fax: 613-966-4265