



## The OHCOW Team *Supporting Workers; Preventing Illness & Injury*

OCCUPATIONAL HYGIENISTS | **ERGONOMISTS** | OCC HEALTH NURSES & PHYSICIANS | CLIENT SERVICE COORDINATORS | OCCUPATIONAL HEALTH COORDINATORS

# Ergonomists

Ergonomics is the field of study that focuses on how humans interact with their surroundings, objects, and other people. Ergonomists aim to optimize well-being and overall performance by creating tasks designed to work smoothly with the human body. They match the job to the worker, thereby reducing and preventing injury while increasing productivity. The Occupational Health Clinic for Ontario Workers (OHCOW) has a team of six certified Ergonomists that includes registered kinesiologists, all with extensive experience ranging from 5-30+ years.

## 1 Clinical Services

Clinical Services are the main activity at OHCOW. Ergonomists use their expertise to identify what can caused a worker to develop a musculoskeletal disorder (MSD), also known as an injury to the skeleton, skeletal muscles, ligaments, tendons, joints, cartilage, and other connective tissue. They investigate the patient's work history, job duties, medical history, and other relevant research. In addition, they investigate work hazards such as force, repetition, and awkward posture. The Ergonomics Report that is created can support a compensation claim or appeal. Knowledge gained from this process can be applied for educational purposes in other workplaces.

## 2 Workplace Services

Employers, workers, Joint Health and Safety Committees (JHSC), and unions can contact OHCOW Ergonomists for workplace assessments, large or small. An OHCOW Ergonomist will discuss the request with the representative(s) and determine if a worksite assessment is needed and should be performed. Individual office assessments cannot be done repeatedly for sustainability reasons. However, a few examples can be provided along with accompanying education to empower the parties to apply the concepts throughout the workplace.

*Continued...*

Occupational Health Clinics for Ontario Workers Inc. (OHCOW) is dedicated to the identification and prevention of work-related illnesses. We offer information and inquiry services, ergonomic and hygiene assessments of workplaces, medical diagnostic services, outreach and education, research services and group services for Joint Health and Safety Committees and other worker groups.

### Contact us

Phone: 1-877-817-0336

Email: [ask@ohcow.on.ca](mailto:ask@ohcow.on.ca)

### Visit our web site

[www.ohcow.on.ca](http://www.ohcow.on.ca)

Find us on social media



...continued

OHCOW Ergonomists can assist with the following:

- Education on Ergonomics and Injury Prevention, general and specific topics
- Workplace Assessments
- Ergonomic Hazard Identification
- Information and support on how to use and apply OHCOW's many Ergonomic Tools and Applications

The actual assessment/education session may take place virtually (using photos, video, or a meeting platform) or in person. If needed a report may be generated with recommendations for prevention.

Note: OHCOW Ergonomists do not perform services related to job suitability, Return to Work (RTW) or related Physical Demands Descriptions (PDD).

### **3 Outreach and Education**

OHCOW Ergonomists provide education sessions for workplaces, employers, workers, Joint Health and Safety Committees (JHSC), Unions or professionals on assorted topics, including tailoring the session to a task, operation, or workplace. These sessions can be held virtually, in person, or as part of a prepared e-course.

OHCOW also hosts the highly popular and long-standing [Repetitive Strain Injury \(RSI+\) Day](#) every February. The event is now a weekly webinar series covering general and specific topics featuring research and insights from our staff and guest speakers. Recordings are part of our Youtube archive of valuable on-demand educational resources.

### **4 Inquiry/Information Service**

OHCOW Ergonomists can assist workplace parties or individuals by answering questions and providing resources for ergonomic issues. Just email [ergo@ohcow.on.ca](mailto:ergo@ohcow.on.ca).

### **5 Workplace Resources**

OHCOW's ergonomists continue to develop and build various resources to assist workplaces, employers, workers, Joint Health and Safety Committees (JHSC), unions, and professionals in addressing ergonomic issues. Key examples include:

- [Job Assess](#) job demands analysis tool
- [Office Ergo Reference Guide](#) and [E-course](#)
- [Office Ergo Calculator](#) w. [Anthropometric tool](#)
- Other [Tools and Apps](#)
- [Podcasts](#)
- [InfoSheets](#)
- [StressAssess](#) Individual & Workplace Psychosocial Surveys

### **6 Research**

OHCOW Ergonomists may lead or participate in various research activities, including designing and conducting research, developing, evaluating, and implementing qualitative and quantitative research tools and coordinating research activities. They can help with the translating of esearch knowledge into practical application in a workplace setting.

#### **Contact us**

Phone: 1-877-817-0336

Email: [ask@ohcow.on.ca](mailto:ask@ohcow.on.ca)

#### **Visit our web site**

[www.ohcow.on.ca](http://www.ohcow.on.ca)

**Find us on social media**

