

SO, WHY CHOOSE ORGANIZATIONAL SOLUTIONS INC.?

There are many great reasons why our clients choose to have Organizational Solutions Inc. carry out Ergonomic Assessments for their workforce.

We conduct a detailed observation and assessment of a particular employee and their workstation, equipment and work practices commonly used. This allows us to develop recommendations regarding potential



modifications to the workstation as well as optimal work postures, methods and practices allowing an employee to safely perform their employment position.

Employees in optimized and safe working conditions are more enthusiastic, productive and happy in their jobs.

For employers, an Ergonomic Evaluation by Organizational Solutions Inc. can achieve two goals in your workforce: health and productivity. This can be an essential component of the preventative measures we offer as an individual assessment or as part of our hugely successful Disability Management programs.

WHAT TO DO NOW.

Please give us a call or send us an email. Our friendly, informative sales team will be delighted to speak with you about how we can achieve incredible results for your business.

Let us set up a personal presentation for you or your team, providing you in-depth insight into our process and results, at no cost or commitment to your company.

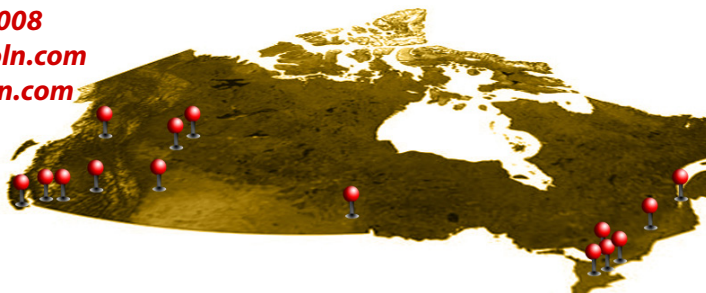
We look forward to hearing from you and hope you will consider joining our continuously growing team of delighted and respected clients today.

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www.orgsoln.com



ORGANIZATIONAL SOLUTIONS INC.
SOLUTIONS ORGANISATIONNELLES INC.

**"The RIGHT care, at the RIGHT time,
for the RIGHT outcome ☺."**



**How our Ergonomic Assessments
reduce costs and increase productivity.**

**Find out the incredible benefits of comprehensive
Ergonomic Assessments for your Workforce...**

ERGONOMIC ASSESSMENTS

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GREAT REASONS WHY AN ERGONOMIC ASSESSMENT MAKES SENSE FOR YOUR BUSINESS.

- 1 Our Health Professionals and Specialists are specifically trained, experienced, qualified and up to date on the latest Ergonomic guidelines.
- 2 We conduct an objective assessment of specific job requirements, including an interview and observation with the employee.
- 3 Our detailed assessment identifies areas that could be improved and fixes the issues before they become a larger problem.
- 4 We consistently reduce costs associated with disability, absenteeism and / or Workers' Compensation for the Employer.
- 5 We ensure the individual employee can benefit from the overall value work has on well-being and in their life.

ABOUT ORGANIZATIONAL SOLUTIONS INC.

Organizational Solutions Inc. (OSI) is a national, leading Care Management company, who can assist you, the employer, with Ergonomic Assessments to ensure your employees remain productive and at work.

Employees find this a highly beneficial service, ensuring that they have optimized and safe workplaces, preventing time away from their role due to injury.

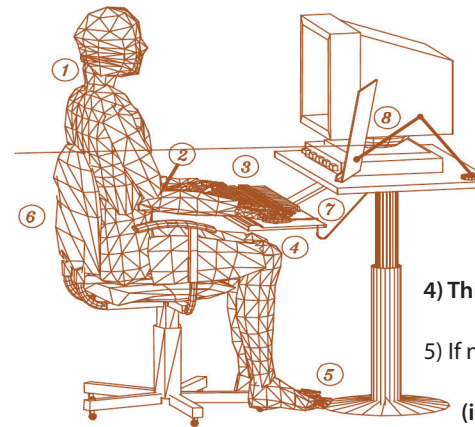
We offer Ergonomic Assessments as an individual service or as part of our incredibly successful Disability Management

and Workers' Compensation Claims Management programs.

Organizational Solutions Inc. can also contact the employee if they become ill or injured to assist in recovery and help with their return. An outstanding **Care Management** approach works by providing: *"the RIGHT care, at the RIGHT time, for the RIGHT outcome ©."*

Our services are ability and capability focused. Our goals include designing safe work environments and ensuring your employees return safely back into their jobs if they do sustain an occupational or non-occupational illness or injury.

WORK STATION ERGONOMIC GUIDELINES.



- 1) The monitor should be set at a height so that your neck will be straight.
- 2) Your elbow joints should be at about 90 degrees, with the arms hanging naturally at the sides.
- 3) Keep your hands in line with the forearms, so the wrists are straight, not bending up, down or to either side.
- 4) Thighs should be roughly parallel to the floor, with your feet flat on the floor or footrest.
- 5) If necessary, use a footrest to support your feet.
- 6) Your chair should be fully adjustable (i.e. for seat height, backrest height and seat pan tilt, and, preferably, armrests). It should have a well-formed lumbar (lower back) support to help maintain the lumbar curve.
- 7) There should be enough space to use the mouse. Use a wrist rest or armrest so that your wrist is straight and your arm muscles are not overworked.
- 8) Use an adjustable document holder to hold source documents at the same height, angle and distance as the monitor.

Source : Canadian Standards Association

WHAT IS ERGONOMICS?

"Ergonomics (or human factors) is the scientific discipline concerned with the interactions between humans and other elements of a system (e.g. tools, equipment, products, tasks, organization, technology, and environment) with the goal of optimizing human well-being and overall system performance."

-(Association of Canadian Ergonomists)

An Ergonomic Assessment by Organizational Solutions Inc. evaluates the workplace environment with your employee. There are many benefits for your employees in the prevention of health issues, such as repetitive strain injuries, which can develop over time and lead to long-term disability.

"OSI worked collaboratively with us in the development and delivery of our process to ensure it met our specific needs.

OSI's processes and procedures are delivered by a team of professionals with proven ability to reduce costs."

OSI NATIONAL CLIENT

