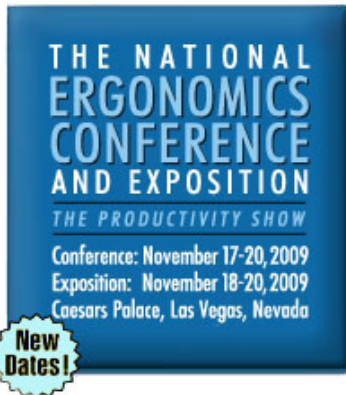
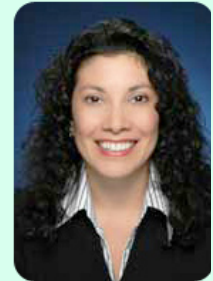


The Productive Workplace

DIANA PELLETIER TO SPEAK AT THE NATIONAL ERGONOMICS CONFERENCE & EXPOSITION 2009



Again this year, Diana Pelletier will be speaking at the National Ergonomics Conference and Exposition, held in Las Vegas, Nevada from November 17-20, 2009. This year's speaking engagement offers an opportunity to highlight some of Pelletier & Associates' innovative collaborations in ergonomics risk reduction. The topic for this conference is "Quest Diagnostics Multi-Disciplinary Approach to Increasing Productivity in a Lab Environment". This case study will discuss the melding of various disciplines in order to positively impact productivity. Pelletier & Associates will share aspects of our ongoing work with Quest Diagnostics and show how those responsible for laboratory ergonomics can use these creative methods to enhance their own ergonomics efforts.



Diana Pelletier

PELLETIER & ASSOCIATES EXPANDS SERVICES TO THE CITY OF LONG BEACH

In our continued expansion, Pelletier & Associates is pleased to announce its selection as ergonomic service provider for the City of Long Beach. This contract entails conducting worksite evaluations for the City for both preventative purposes as well as workers' compensation cases. Pelletier & Associates' proprietary ergonomics tracking software will be used to maintain data on the services and to provide the City with much needed metrics on risk reduction and ergonomic program effectiveness.



- Diana Pelletier

SUMMER TRAVEL ERGONOMIC TIPS

- Jaulla Saatchi



With the summer quickly approaching, it is the perfect time to lay out some basic ergonomic tips for safe travel. Although ergonomic guidelines have become generally accepted in office, lab and manual material handling applications, people often fail to realize the importance of ergonomics as it pertains to travel. Vacations are a time to unload and relax. Always remember to take safe lifting and safe body mechanics into consideration during your travels to decrease the likelihood of pain or injury while on vacation:

1. Prepare for your trip by getting enough rest and fluids before you embark. By keeping yourself hydrated and rested, your body will be relaxed and limber as you travel, reducing your risk of injury.
2. Whether you travel by train, plane or automobile, getting there is half the journey. Depending on where you take your vacation, you may only be sitting for half an hour or could spend the better part of a day in an airplane. When sitting for prolonged periods, it is very important to frequently shift positions and get up every so often in order to stimulate blood flow in your body and get your muscles and joints moving. The same rule of thumb that applies in the office applies here – for every twenty minutes to an hour, get up, out of your seat and walk around. Also, completing stretches will help to alleviate tension throughout the trip, as it develops.
3. Make sure that you pick the luggage that best suits your needs. The most desirable options include wheeled suitcases that are easy to manipulate and are made of lightweight materials. If the suitcase offers a telescopic handle, check that the handle is long enough to accommodate comfortable handling without stooping or bending. In addition, if your luggage has a shoulder strap, make sure that the strap is wide and cushioned in order to redistribute the weight. When carrying bags such as these, alternate in between your right and left shoulders to disperse the weight evenly. Consider a backpack with two straps to evenly distribute the weight opposed to carrying a shoulder bag with the weight directly applied to your shoulder; if you opt for a shoulder bag, carry it across your chest instead of positioning it directly on the shoulder. Don't pack unnecessary items which add extra weight to your luggage.



4. Remember correct posture. If seated for prolonged periods, it is important to sit in a fully supported posture with your legs in front of, rather than below the body. If your feet don't touch the ground, bring a small carry-on suitcase on which to prop your feet. Avoid crossing the legs, as this positioning can further restrict blood flow and encourages uneven sitting postures. Also be careful to take all items out of your back pockets as not to encourage uneven sitting postures and place unnecessary strain on the hips. Achieving proper lumbar support is also very important; having this support in the low back region will help you achieve better support in the T-region, across the shoulders and down the middle of the back. Portable lumbar supports are available through many different vendors and can make your journey much more comfortable. Being mindful of the position of your head can also help eliminate unnecessary strain on your shoulders and neck. If you wish to sleep while seated, consider a neck pillow or roll up a piece of clothing in order to support the head in an upright position.

5. Practice safe lifting techniques any time you pick up and transport items. You must mind your body and make sure not to overdo it. One wrong move can put your entire vacation in jeopardy. Always bend at the knees (never at the waist or back) to pick something up.

6. Consider computer use while on the road. In order to avoid working slouched over on the bed, make accommodations with the hotel in advance. Some hotels offer ergonomic chairs and desk setups for visitors, so make sure you have a comfortable and ergonomically sound place to work if you do, indeed need to complete computer activities while on vacation.

Note: Magellan and other manufacturers make a variety of travel gear to improve your safety and comfort while on the road. Check out tools such as handle attachments, travel footrests, and insoles that can make travelling more comfortable. In addition, travel computer accessories can eliminate many of the hazards that result from using computers at different set-ups.

MINIMIZING ERGONOMIC RISK FOR TRUCK DRIVERS

- Michael Gonzales

With close to three million commercial drivers in the United States, there is growing concern for the wellness, safety, and procedures of the transportation industry. Health issues and safety standards are constantly dissected in studies, in an attempt to attribute a common cause for the troubles in this industry. Fortunately, with the implementation of wellness programs, safety procedures, and neutral posture education, risks of musculoskeletal disorders in drivers can be minimized.

Wellness Programs:

According to the Federal Motor Carrier Safety Administration, obesity and hypertension are attributed to the leading claim costs per year. Obesity and hypertension affect close to 70 percent of drivers. This is often caused by the sedentary working positions occurring within the nature of the job. Studies frequently report that poor nutrition and eating habits may also contribute to these high percentages of risks.



To combat incurring claim costs, companies have successfully implemented wellness programs. Enforced stretch routines, mandatory breaks, and health education are the most common practices included in a wellness plan. During the creation of your wellness program, start by assessing the needs of your workers. Note the common struggles during their working lifestyle and devise an attack plan based on their needs. Develop stretch routines that focus on specific body parts often used by your drivers and enforce breaks to combat muscle fatigue. Research successful wellness programs to mimic their principals and gear them toward your goals.

Seated Postures:

For a driver's sedentary work postures, comfortable seating is essential. A poorly positioned seat may create pressure areas or compromise leg circulation. Recently, truck seat manufacturers have realized the importance of ergonomics. They have developed extended seat lengths and widths, movable armrests, and adjustable lumbar support. It is the driver's duty to be aware of how to properly position themselves and their seat. By taking five minutes to explain the basics of posture, sitting, and the impact on the spine, you can educate your workers on taking an active role in their recovery and increase compliance.

It is best to encourage drivers to change their seated position slightly every hour. This will vary the stresses on their body. Be sure they understand where the ideal position is so they are not straying too far from a neutral posture. Teach them to give their body a rest by leaving the truck and standing up or moving to a different position during periods of break.

Handling Cargo:

Drivers should beware when switching from prolonged sitting to handling cargo. Lifting and fitting hoses or securing the carried loads may cause substantial risks if done improperly. Combat the risk by educating drivers on proper lifting techniques and body mechanics. Teach drivers to give their body at least two minutes rest and perform simple stretching techniques before attempting manual handling tasks after prolonged driving.

Pre-trip Checklist:

A pre-trip check list can help your drivers better prepare their truck for a safe and healthy departure and arrival. Reference associations like the U.S. Department of Transportation & Federal Highway Administration to retrieve samples.



RECENT EVENTS

MAY WAS HEALTH AND WELLNESS FAIR MONTH



It was that time of year, once again! The month of May brought beautiful weather and provided a perfect backdrop for health and wellness fairs. As a way to inspire employees to improve their quality of life and wellbeing, health fairs present a wide array of information and topics that employees may find beneficial. This year Pelletier & Associates had been invited to exhibit at the City of Rancho Cucamonga's 5th Annual Health, Wellness, & Rideshare Fair and also represent the Environmental Health and Safety Department at UC Irvine's 3rd Annual Faculty and Staff Wellness & Safety Fair. We at Pelletier & Associates were honored to take part in these fairs and looked forward to providing helpful information and resources pertaining to ergonomics.

We were happy to educate employees on the importance of good work habits and postures and how ergonomic principals can be applied during everyday activities at work and elsewhere!

The City of Rancho Cucamonga's 5th Annual Health, Wellness, & Rideshare Fair – Tuesday May 19th, 2009 from 8:00 a.m. to 2 p.m. at Central Park

UC Irvine 3rd Annual Faculty and Staff Wellness & Safety Fair – Wednesday, May 20 th, 2009 from 11 a.m. to 2 p.m. at the Anteater Rec Center



- Diana Pelletier

IN THE SPOTLIGHT: KEY OVATION GOLDTOUCH GO! TRAVEL NOTEBOOK STAND



Considering that the main ergonomic problem with laptops is always a compromise in between neck and wrist/arm comfort, having a transportable tool that allows users to properly position laptops in regards to height/angle is a much needed breakthrough. Up until now, the available laptop stands result in large desktop footprints and do not provide the portability that mobile workers need.

The new GoldTouch Go! is a notebook stand that offers height adjustability in a compact package. Comprised of strong, lightweight aluminum, the GoldTouch Go! offers five different angle adjustments and accommodates laptops up to 17". In addition, the stand allows for air circulation in order to prevent laptops

from overheating. Another helpful feature of the GoldTouch Go! is that it can be stowed away in its compact neoprene storage case that doubles as a mouse pad. Not only does the GoldTouch Go! Travel Notebook Stand allow for optimal height positioning for laptops, it also provides easy mobility for workers on the go.



In today's business environment, successful companies know that creating a productive work force includes managing potential threats to health, safety and productivity.

At Pelletier & Associates, Inc., it is our mission to offer education, guidance, support and solutions to individuals and organizations by providing a complete line of disability management services.

We specialize in:

- Comprehensive Ergonomics Services
- Technology Products and Services
- Return to Work Program Development
- Worker's Compensation Issues

To learn more about these services and/or schedule a free, no-obligation, initial consultation at your facility, please call us at (949) 206-9923 and be sure to visit our website at www.pelletierinc.com