

**SMART MOVES
AN ERGONOMICS
NEWSLETTER ISSUE 6**

**FOREST
INDUSTRY
HEALTH
RESEARCH
PROGRAM**

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The *Forest Industry Health Research Program (FIHRP)* has provided funds for the development of an ergonomics newsletter/poster titled **Smart Moves**. All newsletters have been sent to member companies. For further information, contact David Coates at ErgoRisk Management Group Inc. at (250) 830-7244, fax (250) 923-3740 or email ergorisk@ergorisk.com.

Smart Moves was a newsletter about injury avoidance in the pulp and paper industry in B.C. This publication/ poster series was designed to provide employers and employees with information regarding injury avoidance initiatives undertaken at pulp and paper mills.

The first newsletter dealt with reducing stresses to the back and provided a case study of an ergonomics redesign of a T.M.P. plate change work procedure.

The second newsletter introduced readers to the anatomy and function of the shoulder joint and surrounding structures and provided a case study of a work re-design for garage mechanics.

The third newsletter discussed the knee, how to reduce stresses on the knee and minimize future damage.

The fourth newsletter explored the risks of musculo-skeletal injury associated with the wrist and hand and provided a case study of a computer workstation.

The fifth newsletter explored the musculoskeletal risks for the foot and ankle and provides a case study dealing with plantar fasciitis.

The sixth and final newsletter of the series brought all the information discussed in the first five newsletters together and discussed that information within the context of the new B.C. - WCB Ergonomic (MSI) requirements and detailed suggested methods for compliance.