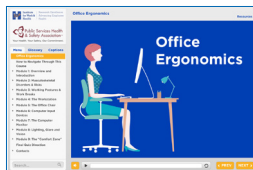


Using IWH research to prevent MSDs

Incorporate evidence-based policies and practices into your ergonomics and musculoskeletal disorder (MSD) prevention programs with tools, guidelines and information from the Institute for Work & Health (IWH).



eOfficeErgo: Online Ergonomics Training

This evidence-based and standard-compliant online training program is designed for employees who regularly use computers on the job. Through nine interactive, self-paced modules, employees learn how to apply ergonomic strategies to help ensure they are working in a healthy computing environment.

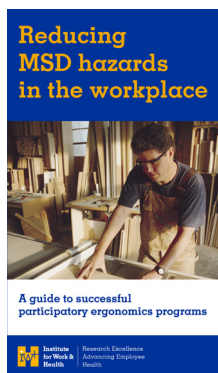
www.iwh.on.ca/eofficeergo



MSD Prevention Pictograms

These pictograms (visual symbols), when accompanied by training, can help communicate workplace hazards and controls to workers at risk of musculoskeletal disorders.

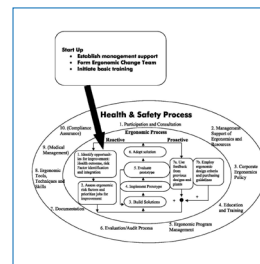
www.iwh.on.ca/pictograms



Reducing MSD Hazards in the Workplace: A Guide to Successful Participatory Ergonomics Programs

In participatory ergonomics (PE) programs, workers, supervisors and other workplace parties jointly identify and address work-related hazards. This booklet outlines six key steps that have been shown to contribute to the success of a PE program in reducing low-back injuries and other musculoskeletal disorders.

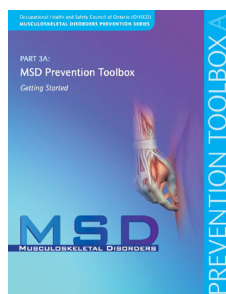
www.iwh.on.ca/pe-guide



Participatory Ergonomics Blueprint

For workplaces convinced of the merits of a participatory ergonomics (PE) approach to MSD prevention, this blueprint takes them a step further. It offers steps, tips and progress indicators to guide facilitators in the implementation of a successful PE program as part of an organization's health and safety program.

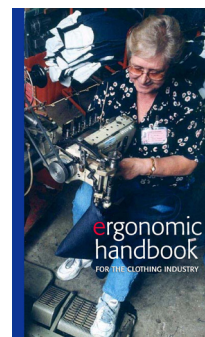
www.iwh.on.ca/pe-blueprint



MSD Tool Kit

This six-part tool offers guidelines and resource materials to help workplaces prevent MSDs. The tool kit was developed by the former Occupational Health and Safety Council of Ontario, of which IWH was a member, as part of a strategy to eliminate and reduce the risks of MSDs.

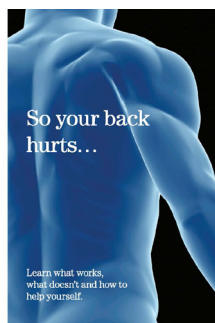
www.iwh.on.ca/msd-tool-kit



Ergonomic Handbook for Clothing Industry

This practical handbook, developed by IWH with the Union of Needletrades, Industrial and Textile Employees (UNITE) and Occupational Health Clinics for Ontario Workers (OHCOW), outlines how job design, tools and techniques can help or hinder in MSD prevention by tasks common to the clothing industry.

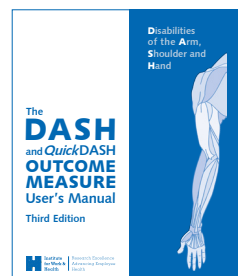
www.iwh.on.ca/ergonomic-handbook-for-the-clothing-industry



So Your Back Hurts ...

This evidence-based booklet contains information for patients and workers on how to manage and live with acute (short-term) low-back pain. The booklet is part of the Physicians' Network Tool Kit designed to help physicians diagnose, treat and manage both acute and chronic (long-term) low-back pain.

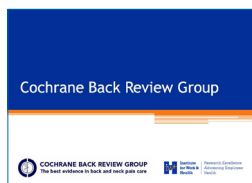
www.iwh.on.ca/so-your-back-hurts



DASH (Disabilities of the Arm, Shoulder and Hand) Outcome Measure

The most popular clinical tool developed by Institute researchers, this outcome measure is a 30-item, self-report questionnaire that measures physical function and symptoms in people with musculoskeletal disorders of the upper limb. The tool—also available as an iPad app—gives clinicians a single, reliable instrument that can be used to assess any or all joints in the upper extremity.

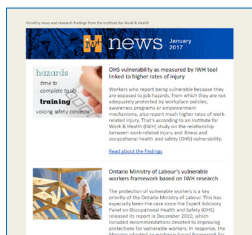
www.dash.iwh.on.ca



CBRG QuickDecks

These summary slides provide clinicians with a snapshot of the evidence on various treatment and prevention measures for back and neck pain, based on findings from systematic reviews published by Cochrane Back and Neck (formerly the Cochrane Back Review Group).

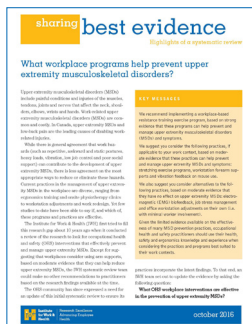
www.iwh.on.ca/cbrg-quickdecks



IWH News

IWH News, a monthly e-alert, is the best way to keep on top of our latest work injury and disability prevention research findings, publications, events, tools, scientist achievements and more.

www.iwh.on.ca/iwh-news



Sharing Best Evidence

Each issue of *Sharing Best Evidence* provides a quick overview of what the research says on a specific OHS issue. Based on systematic *reviews* by IWH, each report summarizes the findings from better quality studies that help answer a particular question—and suggests how to use these findings in the real world of work.

www.iwh.on.ca/sharing-best-evidence



Plenaries

IWH hosts regular one-hour seminars in Toronto (typically on a Tuesday at 11:00 a.m.) at which IWH and other researchers discuss emerging findings in injury and disability prevention. If you're unable to attend, you can watch and listen to the slidecast later.

www.iwh.on.ca/plenaries



Neck Pain Evidence Summary

This tool summarizes helpful and unhelpful treatments for health-care professionals who treat patients with neck pain, ranging from mild pain to whiplash.

www.iwh.on.ca/neck-pain-evidence-summary



At Work

A quarterly newsletter, *At Work* provides lively and easy-to-read articles on IWH's latest research findings. It focuses on injury prevention, return to work, workers' compensation policies and other information that affects workers and informs workplace decision-makers.

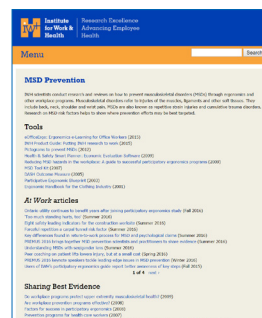
www.iwh.on.ca/at-work



Issue Briefing

Using findings from IWH and elsewhere, *Issue Briefing* summarizes, in plain language, research on topics of interest to policy-makers in health, safety, disability and/or workers' compensation. Where appropriate, the newsletter also explores the policy implications of the research.

www.iwh.on.ca/issue-briefings



MSD Prevention Webpage

The prevention of MSDs and other ergonomics-related issues are the subject of many IWH offerings, from newsletter articles, to seminars, to media releases. These are collected together on a single page of the IWH website for easy reference.

www.iwh.on.ca/msd-prevention

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The Institute for Work & Health is an independent, not-for-profit research organization that promotes, protects and improves the safety and health of working people by conducting actionable research that is valued by employers, workers and policy-makers.

The Institute for Work & Health operates with support from the Province of Ontario.

For more information, please contact: info@iwh.on.ca

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