

Block Building Therapies wants to ensure that both our clients and customers are well positioned during all computer-based work. As part of our spring newsletter, we would like you to take a moment to make your workstation "just right" for you!

## Is your office workstation set up right for you?

### What is Ergonomics?

Ergonomics is the study of the body's relationship to a work environment. It studies body mechanics, bones and muscles in order to fit the work environment to the person in the most comfortable and efficient way. This prevents pain and strain in the body. Following ergonomic principles helps reduce stress and eliminate many potential injuries and disorders associated with the overuse of muscles, bad posture, and repeated tasks. This is accomplished by designing tasks, work spaces, controls, displays, tools, lighting, and equipment to fit you and make you more comfortable at work.

#### You may be experiencing symptoms of ergonomic problems if you have...

- Pain, discomfort, cramping, tension or tingling in your wrists, forearms, elbows, neck or back.
- Sore eyes or headaches.
- Swelling or stiffness in your wrists.
- Reduced range of motion in your shoulders, neck or back.
- Fatigue.

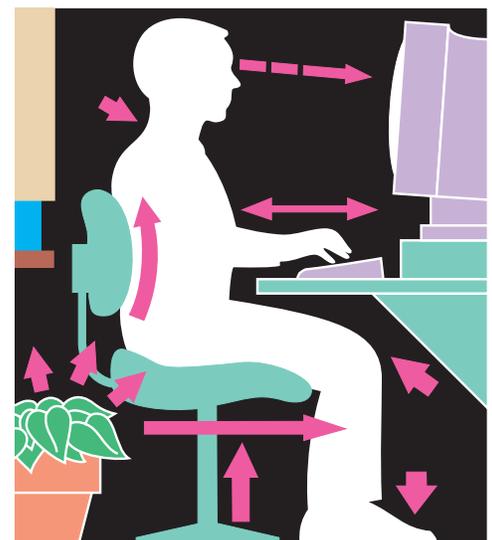
#### The main causes of ergonomic problems are:

- Awkward posture.
- Frequent repetitive motion tasks.
- Forceful movements.
- Poor workplace setup.
- Sitting in same posture for continuous long hours.
- Inadequate lower back support.

### Here are some quick and easy ergonomic tips to set up a safe and comfortable work station.

1. Your chair should be positioned directly in front of your monitor and key board.
2. The top of your monitor should be positioned at eye level.
3. Forearms should be horizontal with the floor and elbows close to body when using your key board and mouse.
4. Adjust the height of your chair so your feet can be positioned flat on the floor and your knee angle is about 90 degrees. A footrest may be necessary to attain this posture.
5. Frequently used items on your work surface should be within arms reach to avoid awkward posture when reaching.

Consider hiring an Occupational Therapist from Block Building Therapies for a complete ergonomic assessment, either for yourself or your claimants. Our reports are clear, concise and easy to read with functional recommendations to improve a workstation.



Visit [www.blockbuilding.ca](http://www.blockbuilding.ca) for further details on services offered by Block Building Therapies.

## Office Relocation

Block Building Therapies relocated the clinical practice in November, 2009.

Our new mailing address is:

1633 St. Mary's Rd.

P.O. Box 53060

Winnipeg, MB R2N 1Z0

Phone: 231-0785

Fax: 231-4442

Email: [info@blockbuilding.ca](mailto:info@blockbuilding.ca)

Referral forms are also available online at our website: [www.blockbuilding.ca](http://www.blockbuilding.ca).

## Staff Update and Speciality Areas



**Nicole Beauchesne**

([nicole@blockbuilding.ca](mailto:nicole@blockbuilding.ca)) is currently taking new referrals for children and adults requiring personal care assessments, OT discharge planning, as well as on-going therapy and consultation

for clients with brain and spinal cord injuries. She specializes in complex medical management all over the province (including the Brandon area) and is happy to work alongside other case managers and professionals.



**Russel Dyck**

([russel@blockbuilding.ca](mailto:russel@blockbuilding.ca)) is our vocational specialist and focuses most of his work completing job/physical demands analyses, percentage of duties assessments, ergonomics and return-

to-work planning. He is active in the rural areas but is also eager to continue taking new referrals in Winnipeg specializing in vocational rehabilitation.



**Ashlyn Bohonos**

([ashlyn@blockbuilding.ca](mailto:ashlyn@blockbuilding.ca)) is a newer associate to Block Building Therapies. Ashlyn has proved to have a strong interest in both pediatrics and adults doing personal care assessments and

return-to-work assessments. Her previous work for the City of Winnipeg Public Works Department was to develop workplace and safety programs within their company. Ashlyn is looking forward to taking on referrals in the area of neuro-rehabilitation, pediatrics or vocational rehabilitation.



**Gloria Dueck**

([gloria@blockbuilding.ca](mailto:gloria@blockbuilding.ca)) continues to be an excellent resource for our northern communities by providing school therapy and assessments to children with a variety of diagnoses. She also follows children with traumatic brain injuries in various rural communities.



**Melanie Mathews**

([melanie@blockbuilding.ca](mailto:melanie@blockbuilding.ca)) has been the primary occupational therapist for the Lord Selkirk School Division and will continue to service children, schools and families in the Winnipeg and

Selkirk areas. She is also providing ergonomic workstation assessments to larger corporations interested in developing better physical demands for long-term computer users.



**Gareth Thompson**

([gareth@blockbuilding.ca](mailto:gareth@blockbuilding.ca)) will continue to be available providing personal care assessments, occupational therapy assessments and consultation for clients in the Dauphin area. He can be reached at 204-572-5365.

Block Building Therapies thanks you for your continued business. Happy Spring!

Sincerely,

*Nicole Beauchesne*

Nicole Beauchesne, O.T. Reg. (MB)  
 Manager & Senior Occupational Therapist  
 Block Building Therapies