



NorthCoast Rehab provide an ergonomic evaluation of a workplace and its furnishings, tools, and tasks in relation to the physical abilities of the worker.

Providing ergonomic training to individual needs can maximize efficiency, comfort and decrease the physical stresses that positioning or work can create and provide the knowledge that individuals can carry to future work environments.

It will also help reduce injuries and related expenses while improving the well-being, productivity, and morale of an employee. A job analysis may be provided, to match the capabilities of the worker to the job's physical requirements.

Ergonomic assessments, also referred to as workstation assessments, ensure that a worker's workstation is ergonomically designed to minimise the risk of injury and maximise productivity.

Ergonomic assessments are also conducted when:

- to support the return to work of an injured worker by ensuring that their workstation is designed to minimise any discomfort as they recover from their injury and prevent any aggravation of the injury
- for workers who work from home, to ensure their home work environment is safe and ergonomically designed.