



Forward to Function offers access to a range of rehabilitation services utilizing extensive expertise in the areas of musculoskeletal injuries. Our practitioners are able to contribute to the planning, design and evaluation of tasks, jobs, environments and systems to make them compatible with the needs and abilities of workers.

All services are competitively priced fee-for service products.

**Ergonomic Assessments:** On-site workstation/desk evaluation performed by experienced Registered Occupational Therapists or Kinesiologists. This assessment includes an interview with the worker and a systematic assessment of the workstation. A full narrative report outlining the findings and recommended modifications including researched possible solutions that include company, item number, description and cost is provided to the manager.

**Ergonomic Assessment Worksite:** The goal is to identify ergonomic risk factors, quantify them, and then make measurable improvements to the workplace, ensuring that jobs and tasks are within workers' capabilities and limitations.

**Job Demands Analysis (JDA):** Used to gain understanding of usual physical and cognitive demands of a job. May be used for hiring and job matching, return to work planning following employee lost-time due to physical injury, or assist with job modification implementation. A report including description of key physical and cognitive demands of the job is provided to the manager.

**Functional Capacity Evaluation (FCE):** Provides an objective measure of an individual's work ability through the administration of a series of tests. It includes a summary report of worker's ability to perform the essential task demands of a position; such as strength, endurance and tolerances to perform competitively without sustaining an injury.

**Job Coaching:** May be related to a worker returning to the workplace following an injury who needs to modify his/her approach to work, or coaching an individual to become proficient in a new job match. This multi-step process begins with a plan including schedule of hours worked, duties performed, rationale for training method used, costs involved, etc. If the manager approves this plan, the coaching is provided and a report summarizing the level of improvement is submitted to the manager.

**Special Services:** Our Team can also provide additional services upon request,

- ▶ Specialized Health & Safety Education
- ▶ Staff Education on a variety of topics i.e. work station set up, minimal lift programs
- ▶ Office/ worksite solutions



With our help you and your workers can better understand your environmental ergonomics, improve safety at work, and reduce risk of injuries.

**For more information or to refer a worker contact:**

Health Science North | Horizon Santé Nord  
Ramsey Lake Health Centre  
Sudbury, Ontario  
Out-Patient Rehabilitation Services

Telephone: 705-523-7296 option 3  
Fax: 705-523-7020

***If your workers are experiencing musculoskeletal issues, or you simply have education needs for prevention, we can help!***