



Christel K. A. Seeberger Professional Corporation  
Occupational Therapy for everyone    ergOTHérapie pour tous

## **Increase workplace productivity Decrease sick time & disability claims and costs**

### **1. An occupational therapist knows how to put ergonomics to work for you!**

- ★ Identify potential workplace hazards
- ★ Reduce high risk tasks for musculo-skeletal injuries
- ★ Practice good mechanics for lifting and carrying
- ★ Ensure workspaces are designed using ergonomic principles
- ★ Teach employees how to use their workstations and tools to reduce strain

### **2. An occupational therapist can help employees learn about balancing work & life skills**

One in twenty Canadian employees endures clinical depression at any given time. Depression and other mental illnesses account for more than 30% of long-term disability claims in Canada. With early intervention from appropriate professional help, 80% of people recover from depression.

- ★ Practice the daily essentials of workplace mental health
- ★ Find strategies to cope with stress
- ★ Match the worker to the job
- ★ Adopt a positive work culture

### **3. An occupational therapist will ensure your workplace is accessible to all**

- ★ Make products usable by all workers and consumers of all abilities
- ★ Ensure the workplace environment is usable by all users
- ★ Pledge accessible customer service to a diverse clientele

A healthy worker is a happy worker and a happy worker is a productive worker

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