

Bay Valley C/S ERRP



Holiday Issue - November 2008

Let's Talk Turkey...



With Thanksgiving just around the corner, for many of us our thoughts are on home, family gatherings and food! Whether you know it or not, you are probably practicing some ergonomic principles in your kitchen and dining room. Let's look at a few of those principles:

Keep things in easy reach- Do you keep your silverware in your bottom drawer, your everyday dishes on the top shelf of the cupboard? Probably not. The items that you use most frequently should be within the closest reach. It's OK to occasionally reach up high or down low, but save those locations for the punch bowl you only use once a year!

Reduce excessive motions- Are your spices near your stove or clear across the room? Do you store your coffee near the coffee pot? Storing things near where they are used is one way to reduce excessive motions.

Observe proper clearance- Do you expand your dining table when you have a larger number of guests? By making extra "elbow room" for people, you're practicing an ergonomic principle.

Reduce repetitive motions- By using appropriate equipment- blenders, electric can openers- you can reduce wear and tear on your body.

Now here's the challenge: Take a look at your work environment and think about how each of these principles can be applied to your job. Have some good ideas? Contact us at 510-874-8639.



What Is 10 Seconds Worth?

How about the rest of your life?



Most employees injure themselves and others just by trying to save less than 10 seconds. A few employees trade their entire lives for that 10 seconds. If you think it takes too long to lift properly, if you think driving around the block instead of backing for a missed delivery is a waste of time, if you think you're saving time fingering mail when you cross a street, think again. You are jeopardizing something so precious that you won't realize it until it's gone... your health.

And in return, you got 10 seconds.

What people are saying about...

Reach Poles

"Reach pole is the best tool for moving mail trays and parcels. I like it."

"I can do the job faster, easier and without pain."

"Does not waste time or possible fall of getting in back of LLV."

"It has made my job MUCH easier. Love it!"



Share your ideas or requests with us by filling out an ERRP suggestion card