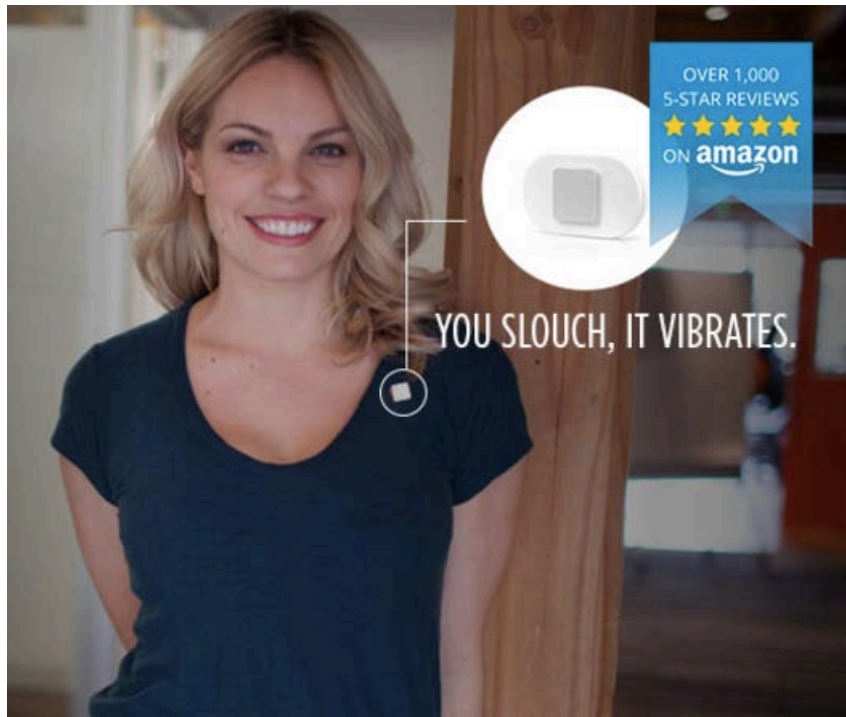


Ergonomics ideas

- The following are some commercial products, websites, books, examining equipment, and consultation services I have found while trying to research this topic for the workshop
- Lorne Bellan

Lumo Lift



- \$99.99 from Amazon.ca, also pedometer. Reviews positive but some complain of too much feedback with near constant buzzing

UPright Back posture monitor



- \$170 CAD Comes with 64 double adhesive pads but would need to order more if used regularly as each can only be used once; new version coming this summer with reusable adhesive

The Up T Shirt



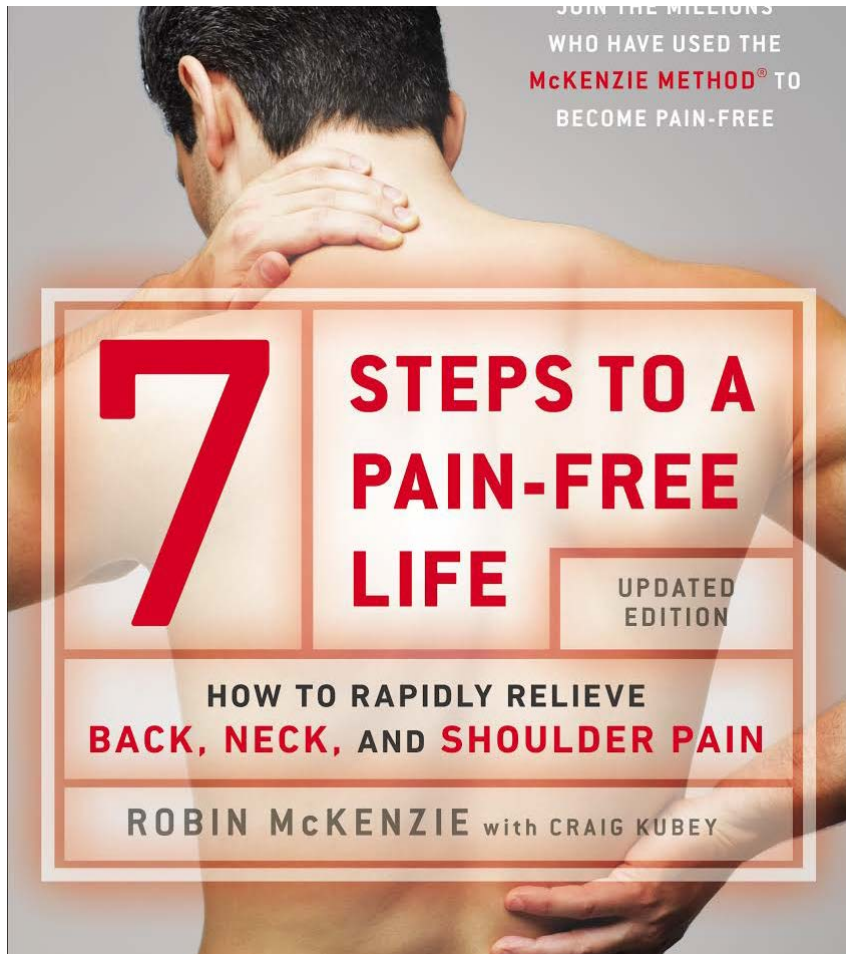
- Hand sewn, made of cotton with elastic bands in the shoulders that become uncomfortable when you slouch. No buzzing reminders but \$200 per shirt so potentially pricy if wearing a fresh one each day
- <http://upcouture.com/en/content/4-the-up-t-shirt>

Alex – neck posture trainer



- C\$149 focuses on neck posture training . Can be worn by people with glasses
- <http://www.avivahealth.com/shop/products.asp?itemid=11176>
- Another buzzing devise

Reference for Exercises



- C\$19.80 on Amazon.ca
- Easy to read with straight forward exercises

AAO information

- <http://www.aao.org/eyenet/article/ergonomics-part-one-is-job-you-love-pain-in-neck>
- <http://www.aao.org/eyenet/article/ergonomics-part-two-seven-risk-factors-seven-solut>

Angled neck piece for Haag Streit slit lamp



My neck is at a much more comfortable angle on the right, but his piece costs thousands and moves you further away and higher from the patient

Loupes with adjustable magnifier angles



- www.ergonoptix.com
- 249 Euros
- I have no experience with these

Hire an Ergonomics consultant

- Check with your regional health authority
- Association of Canadian Ergonomists [ACE]
 - Their webpage to find a consultant:
https://www.ace-ergocanada.ca/jobs/consultant_directory/index.html

