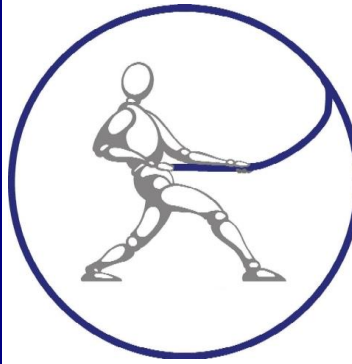


Taylor'd Ergonomics Incorporated

www.taylordergo.com



sit fit (driver) assessment

What is a “sit fit” assessment?

A Sit fit assessment is a **process** used by an ergonomist and a worker to optimise driving postures and habits. The ergonomist also evaluates the fit of that driver in his/her vehicle, and provides recommendations to optimize the fit.

Sit fit assessments are conducted through **on-site data collection**, including measurements, interview, digital photography, and observation (10-minute ride). Any other activities that are performed in the car are also assessed (e.g. computer use).

Your **report** describes the adjustments that were made, and identifies outstanding changes that are recommended.

Why do an assessment?



Employees don't always know what features are available on their vehicles, or how to optimize them. They are often unaware of the postures that they use while driving. Discomfort is often associated with driving, but can usually be minimised with appropriate adjustment.

Our process allows the ergonomist and employee to work together to address concerns.

This process results in improved comfort, productivity, quality of work, and morale for the driver.

The ergonomist can also provide a professional third party opinion regarding vehicle suitability.

Additional support for your driver ergonomics program is also available from Taylor'd Ergonomics, including:

- awareness sessions (eg “lunch'n'learn”) for drivers to help them adjust their own driving compartment
- one-day driver ergonomics training, at your site, or in open-enrolment format at our facility
- additional “ergo program” support, including contests, meetings, demands-abilities evaluations, etc.
- vehicle comparisons to identify (from your “short list”) the optimal fleet vehicle for individuals, or for groups of employees performing a specific job

Please contact us for a quote if you are interested in any of these services.

How is it done?

Our work plan for a sit fit assessment includes the following steps for each employee:

1. Send the employee a **pre-assessment survey**, electronically. The employee completes this survey before the assessment. The survey collects information about how the employee spends his/her time, what concerns s/he has, and the level of discomfort experienced. The survey is confidential.
2. **Interview** the employee to identify the primary concerns and the general nature of the duties performed, and to review the survey results.
3. Ask the employee to set up his driving compartment, the way s/he normally would, and observe **postural demands**.
4. **Photograph** the employee in his/her current set up.
5. Measure working **heights, reaches**, and other **key vehicle and fit dimensions**.
6. Make **adjustments** to optimize posture, where feasible.
7. **Photograph** the employee to show changes that were made.
8. Repeat steps 4-6 for other tasks that are performed in the vehicle (i.e. using laptop computer).
9. Identify any adjustments, purchases, or method changes that are required and **review** these with the employee.
10. Go for short **drive** to test new set up and assess driving technique. Discuss concerns with employee.
11. Complete and email the draft ergonomics **report** to you and to our office for peer review.
12. **Finalise** the report according to feedback from you and from Taylor'd Ergonomics. The final report is usually emailed as a “.pdf” file.

Who does what?

We would:

- Send you a survey form
- Complete the assessment, making any adjustments that are possible
- Draft the report, and submit it to you for review (with instructions)

You would:

- Confirm the schedule with the employee
- Ensure that the employee completes the survey
- Provide feedback on the draft report
- Distribute the final report

What is the COST?

That depends on the scope of the project. The first assessment in a vehicle generally requires 4-6 hours to complete (1-2 hours with the employee and the balance for the analysis/report). The assessments get faster when we complete many in the same type of vehicle, for the same type of job. Additional time is needed to assess employee fit on more than one vehicle. (e.g. comparative report).

Contact Carrie in our main office for a quotation, at **519.623.7733** or info@taylordergo.com