iPM OCCUPATIONAL THERAPY

iPM Occupational Therapy is a client centered consulting company based in Saskatoon that offers ergonomic solutions and Occupational Therapy services tailored to suit your specific needs. Our services include assessments, education and recommendations.

Our mission is to provide services that will help reduce risk factors and cost of injury claims, improve worker wellness, and optimize workplace performance through practical, cost-effective solutions and ergonomic programs. We believe a good ergonomics program ensures that the right tools and equipment are provided, and that employees are properly trained to use their bodies and the equipment to their full potential.

We will work with you to help reduce injury through prevention and management.

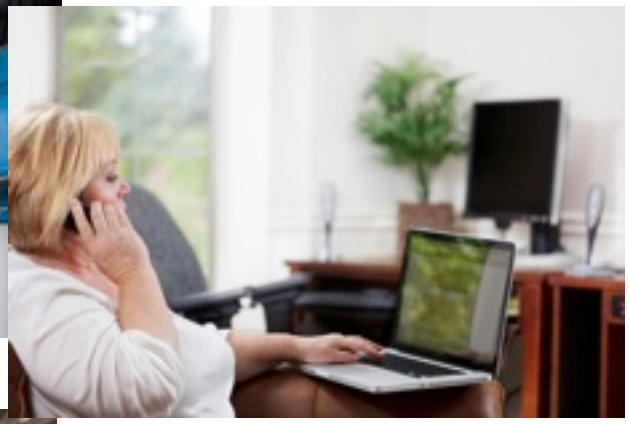
What is Ergonomics?

Ergonomics is a science that analyzes the relationship between the equipment, the environment and the person. The key is to piece them together for the right fit.

Our goal is to work with you to reduce physical discomfort and strain, poor workplace design and repetitive task injuries.

Research indicates the benefit of ergonomic interventions include:

- Reduced employer costs through decreases in employee absenteeism, lost time injuries and WCB rates.
- Productivity increases along with job satisfaction, increased morale and quality of work.
- Improved employee retention resulting in reduced training costs.



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Injury Prevention & Management

Ergonomic Solutions:

Services include:

- Office and Industrial Ergonomic Assessments
- Home Office Assessments
- Job Demands Analysis
- Statistical Evaluation
- Discomfort Questionnaires

For large companies or small business owners, we will address specific concerns regarding your work environment.

Occupational Therapy:

Occupational Therapy services assist individuals with injury or disability to improve function and independence with their activities of daily living at home or at work. Services include:

- Functional Testing
- Return to Work Planning & Job Shadowing
- Hand Splinting
- Home & Vehicle Assessments
- Assistive Technology
- Universal Design for Accessibility

Questions that we often hear in the workplace include:

- How heavy is too heavy?
- What is the best or proper way to lift something?
- Is this job considered ‘repetitive’?
- Are there recommended weight limits for material handling (lift/carry/push/pull)?
- Are there tools to make the job easier?
- What kind of stretches and strengthening exercises can we do to prevent problems?
- Are there ways to tell if equipment is ‘ergonomic’?
- How do we start to develop an ergonomics program?

Workers often find themselves in postures considered at higher risk (ex. bending, overhead reaching) simply due to the nature of their work. We can’t ask an electrician to avoid reaching overhead but we can offer simple strategies that allows the body parts to manage the work safely.

Education Seminars:

Education Seminars involve and educate all employees on basic ergonomic principles, pathology of common injuries and review of ‘ergonomic’ equipment. Seminars can be tailored to your industry to meet your specific needs and include:

- Back Ergonomics
- Repetitive Strain - Arm, shoulder & hand ergonomics
- Office Ergonomics

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Reducing injury through prevention and management.