



October 2013

# Work-Able News

**Work-Able SOLUTIONS**  
Occupational Therapy Consulting Services

## Welcome Jenifer Gerard



Jenifer has worked as an occupational therapist for over 10 years in both the public and private sectors, and has expertise in the provision of mental health and workplace services. Jenifer's range of experience, versatility, and practical approach in her clinical work is valued by her clients and our rehabilitation stakeholders.

Jenifer completed her bachelor of medical rehabilitation degree in occupational therapy at the University of Manitoba in 2003. She has worked with clients in a variety of settings including home, community, hospital and the workplace. Throughout her occupational therapy

career, Jenifer has gained experience in a wide range of practice areas including mental health, orthopedics, brain injury, musculoskeletal and workplace injury, vocational rehabilitation, return to work, and ergonomics. Jenifer has a wide range of clinical experience and training in mental health service provision, including crisis response, acute and long term care, life skills training, individual and family counseling, forensics, discharge planning, community re-entry, vocational preparedness, and most recently with the Early Psychosis Prevention and Intervention Program assisting the client and family through recovery from a first episode of psychosis. This experience has provided her with clinical expertise in this area of practice, and an exceptional ability to recognize and understand the impact of mental health issues on the whole person. Jenifer also has experience providing workplace assessment and intervention services, office and industrial ergonomics assessments, functional abilities assessments, and return to work programming. Her experience and unique skill set allows her to be an innovative problem solver in a variety of complex settings. Jenifer received her degree in massage therapy and practiced for some time in this profession prior to becoming an occupational therapist. She enjoys being active in her community, and has volunteer experience in crisis and abuse counseling. Amidst her career development, Jenifer took time to have a small family and is a proud mom to two young daughters.

**Jenifer Gerard, OT**  
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Enhancing Function. Preventing Injury.



Work-Able Solutions is celebrating its 15th anniversary! It has been a fantastic 15 years of learning and growing. Help us celebrate by entering our **15th Anniversary Contest**. Follow this link to our website for more details. The winner will be randomly chosen from all entries to win a: **\$100 gift certificate to TEN Spa.**

[Click Here to Enter](#)

## Focus On: Double Trouble - Dual Monitors

The worker that uses two monitors may be more efficient, but may also face some additional ergonomic challenges and risks.

There is no universal ideal position for a monitor. The best position is dependent on the type of monitor, a person's size, and the state of their eyesight. Consider these ergonomic guidelines when using dual monitors to lower your risk.

**Distance:** When using dual monitors, further is better when it comes to reducing risk of eyestrain. The monitors should be placed 80 to 100 cm from the eyes.

**Character Size:** Now that you have moved your monitors *waaay* back, you probably can't read anything on the screen! If you work with too small text, you will find yourself leaning forward, or pulling your head forward. Enlarge the characters to around double. There is no risk to using larger characters! This can be done through Display settings, or by customizing font sizes in folders and files and browser settings for Mac users. (We do not recommend changing screen resolution as this can

distort the images and characters leading to eyestrain.)

**Position:** If you are using one monitor more than the other, position this *primary* monitor directly in front of the body, and the *secondary* monitor to one side at about a 30 degree angle (see Figure 1). Consider alternating the secondary monitor from right to left every few months to avoid repetitive head movements to one side. If you are using both monitors equally then the monitors should be positioned side by side with the seam at the middle of your body (see Figure 2).

**Height:** Both monitors should be at the same height. For most people, the ideal is with the top 1/4 of the screen at horizontal eye level. Are you tipping your head back? - If you wear reading glasses, bifocals, or progressives, you may need to position the monitor much lower, depending on where through the lens you are best able to view the screen.

**Type:** Both monitors should be of the same size and resolution to minimize eyestrain.



**Take Breaks:** **FOLLOW** the 20-20-20 rule: Every 20 minutes, take your eyes off your computer and look at something 20 feet away for at least 20 seconds. **BLINK!** Most computer users blink less than normal, which causes dryness and eye irritation – blink rapidly a few times a day, or close your eyes to rest periodically. **RELAX** and close your eyes. Cup hands over your eyes. Roll your eyes a few times in one direction then repeat in the opposite direction. **TAKE** all your regularly scheduled breaks away from your desk, and, get up and walk around every hour.

### References:

Canadian Centre for Occupational Health and Safety. *Office Ergonomics*. (<http://www.ccohs.ca/oshanswers/ergonomics/office/>)

Ankrum, D.R. (1999). Visual Ergonomics in the Office — Guidelines. *Occupational Health & Safety*, 68, 7, 64-74.

Canadian Standards Association. 2000. Z412-00 *Guideline on Office Ergonomics*. Toronto: CSA

Sharon Joines, PhD, Elizabeth Covalla, Hollis Dickens, Jeffrey Hoyle. 2003. *Ergonomics and The Office Environment*. The Ergonomics Centre of North Carolina.

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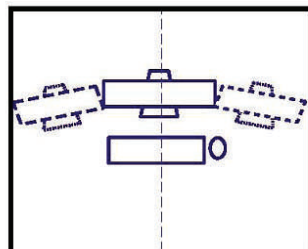


Figure 1

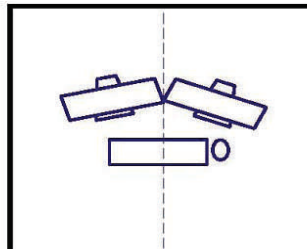


Figure 2

**Enhancing Function. Preventing Injury.**

At Work.  
At Home.  
Every Day.

## What's New?

Our website has a brand new look with information you can use and share. Check us out at [www.workablesolutions.ca](http://www.workablesolutions.ca)

October is Occupational Therapy month.

Want to learn more about OT? [Click here](#) for information and resources

**Work-Able Solutions** is a leading provider of occupational therapy and ergonomics consulting services in Manitoba. Our rehabilitation services enable individuals to achieve their maximum level of function at home, work, and in the community. Workplace services are tailored to help organizations manage and prevent injuries, improve wellness, and facilitate accommodation of workers.

- Ergonomic Risk Assessment (Office and Industrial)
- Job Demands Analysis
- Worksite Assessment and Accommodation
- Functional Capacity Evaluation
- Personal Care Assistance Needs Assessment
- Home / Activities of Daily Living Assessment
- Cognitive Assessment
- Return to Work Programs
- Acquired Brain Injury Rehabilitation Programs
- Chronic Pain Programs
- Ergonomics Workshops
- Employee Training and Wellness Workshops

*Contact us for more information:*

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## Our Consultants



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Clinic Director, Occupational Therapist



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