

**Ergonomics
Service Providers Directory
of Newfoundland and Labrador
(March 2005)**

**Workplace Health, Safety and
Compensation Commission**

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1.0 Preamble to the Ergonomics Consultant Directory

1.1 Introduction:

Many businesses are seeking advice and guidance in terms of ergonomics issues, and most require specific ergonomics services. The Ergonomist of the Prevention Services Department at the Newfoundland and Labrador Workplace Health, Safety and Compensation Commission works cooperatively with the Commission's Case Managers and Health and Safety Advisors to assist employers in understanding ergonomics issues and hazards. The Ergonomist however, does not have the mandate to perform some specific ergonomics services on behalf of the Commission. Therefore, in answer to businesses' need for the identification of local ergonomics service providers, Prevention Services has developed the Ergonomics Consultant Directory.

The consultants listed in this document have requested to be listed therein as offering the described services. Any description, contact information or titles have been provided by the consultants themselves to the Commission for inclusion in this document. This is not an all inclusive list of ergonomics service providers. It is understood that the Commission does not endorse or support any of these businesses, nor does it take responsibility for the quality of service which they provide. **It is therefore strongly recommended that anyone seeking consultation services from these consultants follow the recommendations made in this document, for choosing a service provider.** (See "Choosing a Service Provider", section 1.3)

If you would like to be included in this directory, you can access it by filling out the submission form on the Commission's website at www.whscc.nf.ca, or fax us at (709) 778-1564. If you have questions about the directory please call (709)778-2926 or 1-800-563-9000 and ask for Prevention Services. Your business can be added to the list any time, either through the website or by fax, however, **updated versions will be posted on the website in January.** For more information about prevention services at the Commission, you can visit the web site for the Newfoundland and Labrador Workplace Health, Safety and Compensation Commission at: www.whscc.nf.ca.

1.2 Choosing a Service Provider

Once you have identified the need for a particular service, it is recommended that you take several steps in identifying the consultant who you will hire to deliver that service. In this directory you will find the listed service providers according to their location of work and the services which they provide. The following are some tips which are recommended when making your decision for hiring a consultant:

One: What are you asking for?

Be well informed about which specific service you require before asking a consultant to provide you with an estimate of cost for services. If it is possible, it is beneficial to have an understanding of some of the basic principles of ergonomics before hiring a consultant. Information is abundant on the Internet as well as from the Workplace Health, Safety and Compensation Commission and other information sources throughout the province.

Two: How much will it cost?

Obtain estimates from more than one consultant. Ensure that the estimate is in writing, and that it outlines exactly what services are being provided for that price. How much follow up work (by the consultant) is included in the estimate? The estimate should stipulate for how long the price is applicable. It would be wise to find out how the consultant treats expenses such as travel, lodging, report writing and on-site time. (Is the consultant in town, or traveling?)

Three: What are the consultants' qualifications?

Consultants who offer ergonomics services could have a professional background in one of a variety of fields (e.g. Human Factors, Engineering, Physiotherapy, Kinesiology, Occupational Therapy, Occupational Health Nursing and others). Not all professionals in these fields will be experienced with the specific service you may require. It is therefore important to inquire as to the level of experience and training which the consultant has in the area of Ergonomics. To ensure that you will be hiring someone who has training and experience in ergonomics, ask the following questions: (What are their qualifications? What professional associations do they belong to, and what type of membership do they have? What other similar work have they done, and for how many years?)

Many qualifications are specific to individual persons and not to the consulting firm itself. It thus becomes important to know the qualifications of the person who will be working on your specific project. The best way to feel comfortable with the choice of a consultant is to speak to previous clients. It would be helpful to find out who the consultant's last five clients in this area were, so that they can be

contacted as references. Note that this information may not always be available, as the client may request that their name be kept confidential.

Four: What kind of report / service will you get?

Ask the consultant to describe the typical duration of the services and the type of report you can expect to receive afterwards. If sample reports are available, it would be beneficial to view them. You should also be informed as to the amount of time expected for the report to be delivered after the service has been provided.

2.0 Consultants Directory

2.1 List of Businesses included in this book:

| | |
|---|-----------------------|
| Avalon Physiotherapy Ltd | 709-754-8080 |
| Back in Action Work Rehab | 709-489-0606 |
| Central Rehab Inc | 709-834-7390 |
| Deer Lake Physiotherapy Clinic Inc. | 709-635-2046 |
| FIT For Work | 709-722-7676 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| JARD Consulting Services | 709-687-2031 |
| MED-PRO Health Care Management Services | 709-783-2590 |
| MedServ Solutions Inc | 709-738-1919 |
| Mount Pearl Rehabilitation Center | 709-368-4037 |
| Occupational Rehabilitation & Ergonomic Services | 709-637-5000 ext.5391 |
| Occupational Therapy | 709-292-2242 |
| Petrell Technologies Ltd | 709-739-5605 |
| Physical Rehab Inc. | 709-634-3788 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Ltd. | 709-753-3372 |
| Wedgewood Physiotherapy and Rehabilitation Service | 709-722-0582 |
| West Coast Physiotherapy Clinic | 709-634-9540 |

List of Regions

- **St. Johns / Avalon**
- **Burin Peninsula**
- **Central (Gander / Grand Falls)**
- **Corner Brook**
- **Northern Peninsula**
- **Labrador City**
- **Goose Bay**
- **Other**

2.2 Businesses listed by region of practice:

St. John's / Avalon

| | |
|---|--------------|
| Avalon Physiotherapy Ltd | 709-754-8080 |
| Central Rehab Inc | 709-834-7390 |
| FIT For Work | 709-722-7676 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| JARD Consulting Services | 709-687-2031 |
| MedServ Solutions Inc | 709-738-1919 |
| Mount Pearl Rehabilitation Center | 709-368-4037 |
| Petrell Technologies Ltd | 709-739-5605 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Ltd. | 709-753-3372 |
| Wedgewood Physiotherapy and Rehabilitation Services | 709-722-0582 |

Burin Peninsula

| | |
|---------------------------|--------------|
| FIT For Work | 709-279-7676 |
| JARD Consulting Services | 709-687-2031 |
| MedServ Solutions Inc | 709-738-1919 |
| Petrell Technologies Ltd | 709-739-5605 |
| Therapeutic Services Ltd. | 709-753-3372 |

Central (Gander / Grand Falls)

| | |
|---|--------------|
| Back in Action Work Rehab | 709-489-0606 |
| Central Rehab Inc | 709-834-7390 |
| FIT For Work | 709-722-7676 |
| MED-PRO Health Care Management Services | 709-783-2590 |
| MedServ Solutions Inc | 709-738-1919 |
| Occupational Therapy | 709-292-2422 |
| Petrell Technologies Ltd | 709-739-5605 |
| Therapeutic Services Ltd. | 709-753-3372 |

Corner Brook

| | |
|--|-----------------------|
| FIT For Work | 709-632-7676 |
| MED-PRO Health Care Management Services | 709-783-2590 |
| MedServ Solutions Inc | 709-738-1919 |
| Occupational Rehabilitation & Ergonomic Services | 709-637-5000 ext.5391 |
| Petrell Technologies Ltd | 709-739-5605 |
| Physical Rehab Inc. | 709-634-3788 |
| Therapeutic Services Ltd. | 709-753-3372 |
| West Coast Physiotherapy Clinic | 709-634-9540 |

Northern Peninsula

| | |
|--|-----------------------|
| Deer Lake Physiotherapy Clinic Inc. | 709-635-2046 |
| MED-PRO Health Care Management Services | 709-783-2590 |
| Occupational Rehabilitation & Ergonomic Services | 709-637-5000 ext.5391 |
| Petrell Technologies Ltd | 709-739-5605 |
| Physical Rehab Inc. | 709-634-3788 |
| Therapeutic Services Ltd. | 709-753-3372 |
| West Coast Physiotherapy Clinic | 709-634-9540 |
| Work Assessment & Rehabilitation Program | 709-637-5660 |

Labrador City

| | |
|---------------------------|--------------|
| FIT For Work | 709-632-7676 |
| MedServ Solutions Inc | 709-738-1919 |
| Physical Rehab Inc. | 709-634-3788 |
| Therapeutic Services Ltd. | 709-753-3372 |

Goose Bay

| | |
|---------------------------|--------------|
| FIT For Work | 709-632-7676 |
| MedServ Solutions Inc | 709-738-1919 |
| Physical Rehab Inc. | 709-634-3788 |
| Therapeutic Services Ltd. | 709-753-3372 |

Willing to Travel throughout the Province

| | |
|---|--------------|
| Back in Action Work Rehab | 709-489-0606 |
| FIT For Work | 709-722-7676 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Petrell Technologies Ltd. | 709-739-5605 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Limited | 709-753-3372 |

Other

Occupational Rehabilitation & Ergonomic Services

South Coast, Burgeo, Stephenville, Port aux Basques, and all areas in between

West Coast Physiotherapy Clinic

South West Coast of NL, Southern Labrador (Labrador City including Churchill Falls), South West Coast (Burgeo, Port aux Basques)

Occupational Therapy

Lewisporte, Bay Verte, Harbour Breton

Mount Pearl Rehabilitation Centre

Labrador

Deer Lake Physiotherapy Clinic Inc.

Deer Lake, White Bay

Central Rehab Inc.

Manuels, Conception Bay South, Clarenville, Gander, Grand Falls/Windsor

List of Services

- **Back Education Including Body Mechanics Training**
- **Ergonomics Program Development / Implementation**
- **Fitness / Health Education**
- **Job Site Analysis**
- **Pre-employment Assessments**
- **Work Station Review**
- **Work Station Set Up Principles (Education)**

2.3 Business Listing by Services:

Back Education Including Body Mechanics Training

| | |
|---|-----------------------|
| Avalon Physiotherapy Ltd | 709-754-8080 |
| Back in Action Work Rehab | 709-489-0606 |
| Central Rehab Inc | 709-834-7390 |
| Deer Lake Physiotherapy Clinic Inc. | 709-635-2046 |
| FIT For Work | 709-722-7676 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| MedServ Solutions Inc | 709-738-1919 |
| Mount Pearl Rehabilitation Center | 709-368-4037 |
| Occupational Rehabilitation & Ergonomic Services | 709-637-5000 ext.5391 |
| Occupational Therapy | 709-292-2422 |
| Petrell Technologies Ltd | 709-739-5605 |
| Physical Rehab Inc. | 709-634-3788 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Ltd. | 709-753-3372 |
| Wedgewood Physiotherapy and Rehabilitation Services | 709-722-0582 |
| West Coast Physiotherapy Clinic | 709-634-9540 |

Ergonomics Program Development / Implementation

| | |
|---|-----------------------|
| Back in Action Work Rehab | 709-489-0606 |
| Central Rehab Inc. | 709-834-7390 |
| FIT For Work | 709-722-7676 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| MED-PRO Health Care Management Services | 709-783-2590 |
| MedServ Solutions Inc | 709-738-1919 |
| Occupational Rehabilitation & Ergonomic Services | 709-637-5000 ext.5391 |
| Petrell Technologies Ltd | 709-739-5605 |
| Physical Rehab Inc. | 709-634-3788 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Ltd. | 709-753-3372 |

Fitness / Health Education

| | |
|---|--------------|
| Back in Action Work Rehab | 709-489-0606 |
| Central Rehab Inc. | 709-834-7390 |
| FIT For Work | 709-722-7676 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| MedServ Solutions Inc | 709-738-1919 |
| Mount Pearl Rehabilitation Center | 709-368-4037 |
| Physical Rehab Inc. | 709-634-3788 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Ltd. | 709-753-3372 |
| Wedgewood Physiotherapy and Rehabilitation Services | 709-722-0582 |
| West Coast Physiotherapy Clinic | 709-634-9540 |

Job Site Analysis

| | |
|---|-----------------------|
| Avalon Physiotherapy Ltd | 709-754-8080 |
| Back in Action Work Rehab | 709-489-0606 |
| Central Rehab Inc | 709-834-7390 |
| Deer Lake Physiotherapy Clinic Inc. | 709-635-2046 |
| FIT For Work | 709-722-7676 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| MED-PRO Health Care Management Services | 709-783-2590 |
| MedServ Solutions Inc | 709-738-1919 |
| Mount Pearl Rehabilitation Center | 709-368-4037 |
| Occupational Rehabilitation & Ergonomic Services | 709-637-5000 ext.5391 |
| Occupational Therapy | 709-292-2422 |
| Petrell Technologies Ltd | 709-739-5605 |
| Physical Rehab Inc. | 709-634-3788 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Ltd. | 709-753-3372 |
| Wedgewood Physiotherapy and Rehabilitation Services | 709-722-0582 |
| West Coast Physiotherapy Clinic | 709-634-9540 |

Pre-employment Assessments

| | |
|---|--------------|
| Back in Action Work Rehab | 709-489-0606 |
| FIT For Work | 709-722-7676 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| MED-PRO Health Care Management Services | 709-783-2590 |
| MedServ Solutions Inc | 709-738-1919 |
| Physical Rehab Inc. | 709-634-3788 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Ltd. | 709-753-3372 |
| Wedgewood Physiotherapy and Rehabilitation Services | 709-722-0582 |
| West Coast Physiotherapy Clinic | 709-634-9540 |

Work Station Review

| | |
|---|-----------------------|
| Avalon Physiotherapy Ltd | 709-754-8080 |
| Back in Action Work Rehab | 709-489-0606 |
| Central Rehab Inc | 709-834-7390 |
| FIT For Work | 709-722-7676 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| JARD Consulting Services | 709-687-2031 |
| MED-PRO Health Care Management Services | 709-783-2590 |
| MedServ Solutions Inc | 709-738-1919 |
| Mount Pearl Rehabilitation Center | 709-368-4037 |
| Occupational Rehabilitation & Ergonomic Services | 709-637-5000 ext.5391 |
| Occupational Therapy | 709-292-2242 |
| Petrell Technologies Ltd | 709-739-5605 |
| Physical Rehab Inc. | 709-634-3788 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Ltd. | 709-753-3372 |
| Wedgewood Physiotherapy and Rehabilitation Services | 709-722-0582 |
| West Coast Physiotherapy Clinic | 709-634-9540 |

Work Station Set Up Principles (Education)

| | |
|---|-----------------------|
| Avalon Physiotherapy Ltd | 709-754-8080 |
| Back in Action Work Rehab | 709-489-0606 |
| Central Rehab Inc | 709-834-7390 |
| FIT For Work | 709-722-7676 |
| InMotion Health Centre Inc. | 709-747-5945 |
| Integrated Occupational Health Services Ltd. (IOHS) | 709-722-9675 |
| JARD Consulting Services | 709-687-2031 |
| MED-PRO Health Care Management Services | 709-783-2590 |
| MedServ Solutions Inc | 709-738-1919 |
| Mount Pearl Rehabilitation Center | 709-368-4037 |
| Occupational Rehabilitation & Ergonomic Services | 709-637-5000 ext.5391 |
| Occupational Therapy | 709-292-2422 |
| Petrell Technologies Ltd | 709-739-5605 |
| Physical Rehab Inc. | 709-634-3788 |
| The Assessment & Therapy Centre Ltd. | 709-596-1370 |
| Therapeutic Services Ltd. | 709-753-3372 |
| Wedgewood Physiotherapy and Rehabilitation Services | 709-722-0582 |
| West Coast Physiotherapy Clinic | 709-634-9540 |

2.4 Business Descriptions

The Assessment & Therapy Centre Ltd.

Location: Carbonear & Bay Roberts
52 Powell Drive, Unit 2
Carbonear, NL
A1Y 1A5

Phone #: 709-596-1370
Fax #: 709-596-1375
e-mail: anne.sheppard@nf.sympatico.ca

Type of Business: Vocational Rehabilitation Clinic, Private Consultant and Contract Services

Contact Person(s): Anne Connor Sheppard

Avalon Physiotherapy

Location: Woodgate Plaza
58 Kenmount Road
P.O. Box 28074
Avalon Mall
St. John's, NL
A1E 4J8

Phone #: 709-754-8080
Fax #: 709-754-8080
e-mail: physio@seascape.com

OR

Location: The Health Plex
114 Empire Avenue
St. John's, NL
A1C 3G2

Phone #: 709-754-8085

Type of Business: Physiotherapy Clinic

Contact Person(s): Michelle Turner

Back in Action Work Rehab

Location: 28 Hardy Avenue
P.O. Box 40
Grand Falls-Windsor, NL
A2A 2J3

Phone #: 709-489-0606
Fax #: 709-489-0607
e-mail: backinaction@nf.sympatico.ca

Type of Business: Vocational Rehabilitation Clinic, Private Consultant.

Contact Person(s): Heidi Powell, Office Administrator

Central Rehab Inc.

Location:

702 Conception Bay Highway
Unit 4
Conception Bay South, NL
A1X 3A5

Phone #: 709-834-7390 or 1 888 834-7390
Fax #: 709-834-7391
e-mail: dulcie@centralrehab.nf.ca
Web address: www.centralrehab.com

Type of Business: Rehabilitation Clinic

Contact Person(s): Sheila Normore

Deer Lake Physiotherapy Clinic Inc.

Location: 12 Pennell's Lane, Deer Lake
Deer Lake, NL
A8A 1Y4

Phone #: 709-635-2046
Fax #: 709-635-2157
e-mail: snow.pt@nf.sympatico.ca

Type of Business: Private Consultant

Contact Person(s): Duane Snow

FIT for Work

Location: (see 'Regions' sections for locations)

114 Empire Avenue
St. John's, NL
A1C 3G2

Phone #: 709-722-7676
Fax #: 709-722-6029
e-mail: info@fitforwork.com
Web Address: www.fitforwork.com

Type of Business: Vocational Rehabilitation Clinic

Contact Person: Connie Fitzpatrick, Marketing Coordinator,
cfitzpatrick@fitforwork.com, Rexena Lockyer, Office Administrator, Kim
Wiseman, Office Administrator

InMotion Health Centre Inc.

Location: St. John's/Avalon

179 Hamlyn Road
St. John's, NL
A1E 5Z5

Phone #: 709-747-5945
Fax #: 709-747-5946
e-mail: toldford@inmotionhealthcentre.ca
Web Address: www.inmotionhealthcentre.ca

Type of Business: Vocational Rehabilitation Clinic

Contact Person: Trent Oldford

Integrated Occupational Health Services Ltd. (IOHS)

Location: 27 Austin Street
St. John's, NL
A1B 4C3

Phone #: 709-722-9675
Fax #: 709-722-9677
e-mail: jsimmons@iohs.nf.net
Web Address: www.iohs.nf.net

Type of Business: Vocational Rehabilitation Clinic
Contact Person: Jane Simmons (Director),

JARD Consulting Services

Location: 18 Lomac Rd.
St. John's, NL
A1A 3P6

Phone #: 709-687-2031
Fax #: 709-738-0752
e-mail: jard@avint.net

Type of Business: Private Consultant
Contact Person(s): Donna Cook, Roger Cook

MED-PRO Health Care Management Services

Location: Corner Brook
Box 3746, Stn. Main
RR #2
Corner Brook, NL
A2H 6B9

Phone #: 709-783-2590
Fax #: 709-783-2590
e-mail: medpro_48@yahoo.ca

Type of Business: Private Consultant
Contact Person(s): Julie Mosgrove, Pauline Connolly

MedServ Solutions Inc.

Location: 114 Empire Ave.
St. John's, NL
A1C 3G2

Phone #: 709-738-1919
Fax #: 709-738-7363
e-mail: info@medservsolutions.com

Type of Business: Private Consultant
Contact Person(s): Suzanne Pike

Mount Pearl Rehabilitation Centre

Location: 12A St. Davids Avenue
Mount Pearl, NF
A1N 1G8

Phone #: 709-368-4037
Fax #: 709-368-4062
e-mail: jenritcey@yahoo.ca

Type of Business: Vocational Rehabilitation Clinic
Contact Person(s): Jennifer Ritcey, Sherry Kerrivan

Occupational Rehabilitation & Ergonomic Services

Location: Western Health Care Corporation

Box 2005
Corner Brook, NL
A2H 6J7

Phone #: 709-637-5000 ext. 5391

Fax #: 709-637-5681

e-mail: tpridd@healthwest.nf.ca

Type of Business: Vocational Rehabilitation Clinic

Contact Person(s): Tammy Priddle, Program Manager

Occupational Therapy

Location: Central Newfoundland Regional Centre

50 Union Street
Grand Falls - Windsor, NL
A2A 2E1

Phone #: 709-292-2242

Fax #: 709-292-2300

Type of Business: General Occupational Therapy Department

Contact Person(s): Renee Hillier

Petrell Technologies Ltd.

Location: Suite 401, 155 Water Street

P.O. Box 2314
St. John's, NL
A1C 6E7

Phone #: 709-739-5605

Fax #: 709-739-5605

e-mail: petrell@nfld.com

Web Address: <http://www.atyp.com/petrell>

Type of Business: Private Consulting

Contact Person(s): Don Williams

Physical Rehab Inc.

Location: 93 West Street

Corner Brook, NL
A2H 2Y6

Phone #: 709-634-3788

Fax #: 709-634-5138

Type of Business: Physical Therapy Clinic

Contact Person(s): Tom Farrell

Therapeutic Services Ltd.

Location: 20 Highland Drive

P.O. Box 29006
St. John's, NL
A1A 5B5

Phone #: 709-753-3372

Fax #: 709-753-3372

e-mail: tsl@avint.net

Type of Business: Physiotherapy Clinic

Contact Person(s): Sue Garvin

Wedgewood Physiotherapy and Rehabilitation Services

Location: Wedgewood Park, St. John's

12 Gleneyre Street

St. John's, NL

A1A 2M7

Phone #: 709-722-0582

Fax #: 709-722-5393

e-mail: wedgewoodphysio@roadrunner.nf.net

Type of Business: Vocational Rehabilitation Clinic

Contact Person(s): Bill Maher

West Coast Physiotherapy Clinic

Location: Corner Brook

89 West Valley Road

Corner Brook, NL

A2H 2X4

Phone #: 709-634-9540

Fax #: 709-634-0869

e-mail: ihutch@nf.sympatico.ca

Type of Business: Vocational Rehabilitation and Physiotherapy Clinic

Contact Person(s): Ian Hutchinson, Steve Hutchinson