

## **Ergonomic design that might reduce the Ergonomic risk factors among Pre-loaders in a mail distribution company in Toronto**

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The on-line purchasing revolution ramped-up it's demand during the recent years to the point where Canadian Post's capacity to handle this demand is maxing-out and should plan to catch up as quickly as possible. Pre-loader workers are at risk for the development of fatigue and Musculoskeletal Disorders (MSDs) due to frequent awkward lifting and carrying of parcels. Eight Pre-loaders performed their regular tasks while were videotaped and then the postures were analysed using 3DSSPP software. Joint moments and forces were normalized based on body height and weight of each participants. The results proved that more than 70% of the participants were at risk. A new work condition was simulated to reduce the MSD risk.