

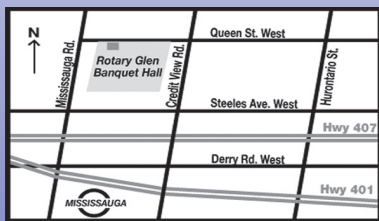


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BUSINESS LINK

Spotlight on Volunteer

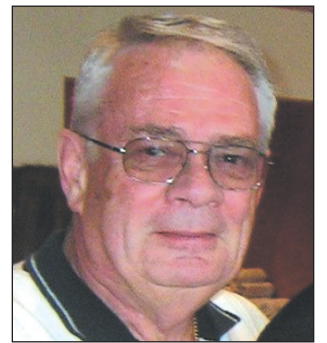
by Eric Doubt, Communication Associates

For this issue, our spotlight beams up, Jim MacLeod, a Halton Hills Chamber of Commerce volunteer since 2002 and member of the Partners in Progress coaching team since 2002

Jim has served the Chamber well in many capacities. He was on the Chamber Membership Committee for 2 years, on the Business Development Committee from 2003 to 2006 and has also worked on the Golf and Education Committees.

One of the greatest assets a person can bring to the Chamber is experience so that other members can benefit. Jim is a seasoned HR professional with extensive experience in Training and Organization Development. His resumé includes positions as Senior Human Resources Client Relations Manager for International Financial Data Services, Senior Manager of Staffing and Learning for Boeing-McDonnell Douglas Canada Ltd., Manager Organizational Development and Administration for Novacor Chemicals (Canada) Ltd. He also held positions of responsibility with Nova Corporation, Polysar Energy and Chemicals, Petrosar Limited and Bell Canada

Besides his professional status as a Certified Human Resources Professional (C.H.R.P.), Jim is a certified EQi (Emotional Quotient indicator)



James K. MacLeod, M.Sc., C.H.R.P.

Facilitator and a Certified MBTI (Myers-Briggs) Professional.

He holds a Masters of Science Degree in Organizational Development; his Masters Thesis being "The Impact of Organization Development on Individual and Team Effectiveness."

Outside of the Chamber Jim is a volunteer with the HRPAP (Human Resources Association of Peel) Mentoring Committee.

This man is a model professional and volunteer who gives a great deal to the Chamber and our community.

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Take the pain out of going mobile

The 21st century has redefined the traditional physical concept of 'the office'. Canadians now work anywhere, using wireless technology like laptops, cell phones and personal organizers. The long periods people spend working without taking breaks, sitting with their heads bent forward and shoulders hunched often triggers pain from the neck and shoulders to the wrists and hands.

Musculoskeletal disorders are one of the most common causes of severe long-term pain and physical disability. Statistics show that an increasing number of wireless technology users experience ongoing aches and pains from using their laptops or handheld wireless devices for long periods of time.

Many of these injuries can be prevented with improved work habits and posture (ergonomics). Ergonomics is an applied science directed at the design and arrangement of work tools and equipment to ensure products and environments are comfortable, safe and efficient for people to use. Physiotherapists have the knowledge and skills to advise on modifications to the work environment as well as giving guidance on improving work habits and postures. Specific strengthening and stretching exercises, combined with aerobic conditioning, may be part of the prescription to prevent recurrence of RSI. Prevention and early intervention are the preferred approaches to managing RSI.

LAPTOPS

Laptop computers are the backbone of most mobile offices today. However, they defy the ergonomic principle of allowing for optimal posture for musculoskeletal health. For example, if you're working with elbows at the recommended 90-degree angle, the laptop's screen position will require that you bend your neck forward to view it, which puts excessive loading through the joint of your neck. But if you raise the laptop to eye level, then you are typing an awkward angle that can put strain through wrists and elbow joints.

Here are some simple, but effective tips:

- Make frequent postural changes and take breaks
- Remove unnecessary supplies from carrying case such as drivers, batteries, and cables
- Select a carrying case with wheels or backpack style.
- Use a docking station, external keyboard, and pointing device whenever possible;

- Be creative – try using items around you to optimize your setup. For example, use your portable computer on top of the carrying case to raise the monitor to eye level or use a three-ring notebook to incline/decline to a better angle. This is especially effective when using an external keyboard

CELL PHONES AND TEXT MESSAGING

A new syndrome, aptly named "cellular phone neck," is now recognized as a disorder caused by cradling the telephone between your head and shoulder. Poor usage habits can lead to discomfort, but simple tips like alternating ears for each call, or storing commonly used numbers in your phone's memory can help. The best solution is to use a hands-free headset that will allow you to keep your neck in an upright position. Studies show that upper back, neck and shoulder discomfort can be reduced up to 41% with the use of headsets.

A new form of RSI has been identified as Text Message Injury, or TMI, caused by excessive use of the thumb to type text messages into a cell phone or PDA. **The Canadian Physiotherapy Association** advises users to be aware of their posture and limit consecutive text time to less than 15 minutes. Maintaining good alignment in the head, neck, and arms along with stretching can help reduce the risk of injury.

Physiotherapists are primary care, client-centred healthcare professionals skilled in evaluating, maintaining and restoring optimal physical function. They can provide education to help prevent RSI and provide treatment to help relieve symptoms that have already developed. A key component to an effective treatment plan is to identify and then alter or eliminate the situations that contributed to the onset of RSI.

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APPLIANCE SURVEY

During the next few weeks, you may be receiving a call from representatives of Halton Hills Hydro to inquire about the appliances currently used in your home.

We would appreciate your assistance in gathering this information to enable us to determine the residential appliance load in Halton Hills.



When you receive a call from us, to thank you for your participation in this survey, we will be mailing you a coupon for one two-pack of compact fluorescent light bulbs, redeemable at

either the Acton or Georgetown Home Hardware stores.