

Newsletter Article

Sawmill Machine Operators read newsletters with information about safety issues and changes in company procedures.
Look at the article from a newsletter.

Task What is Dale Campbell's job title?
1

Task What does Ergonomics mean?
2

Task List three things that changed in the new console design.
3



Photo: Roger Young



“At the end of my shift now, I’m ready to go square dancing,” says Dale Campbell.

It’s the right fit

There was a time when Dale Campbell, a Cut-off Saw Operator at Fort St. John, was regularly visiting his chiropractor with work-related ailments, ranging from neck and lower back pain to muscle pulls. These days, though, Dale’s chiropractor may be feeling as lonely as the Maytag repairman.

New ergonomically designed consoles for cut-off saw operators are resulting in healthier, happier and more productive employees.

“Ergonomics involves looking at the work environment and the mental and physical stresses of people’s jobs,” explains Kim Zinck, Ergonomics Coordinator at the division. “What we’re trying to do is adapt the work station to fit the person, instead of adapting the person to fit the working condition. All this is done in an effort to try and reduce stresses of people’s jobs.”

Dale and the other operators helped design the new consoles with an ergonomics consultant. They were installed earlier this year.

“Day to day, my stress level has dropped by 90 percent,” Dale says. “The comfort is really good. I could now sit in the console and cut wood for 12 hours a day. Before, we used to fight for eight hours. After five hours, you’d had it.

“I spend a lot of time in the chair every shift. We now have split consoles, which provides for excellent vision. To move the console, I just shift my weight. The cut-off shack is anchored separately from the mill, which substantially reduces vibration.”

He now saws, on average, more than 4,000 logs a shift. Before, his average was about 3,800 logs.

Courtesy Canfor News (December 1996)