

# Ergonomics

Directory of Service Providers  
Newfoundland and Labrador

**WorkplaceNL**

Health | Safety | Compensation

## CONTENTS

1. Introduction
2. Choosing a service provider
3. How a service provider can be included in this directory
4. Updating a service provider's information in this directory
5. Service providers directory
  - a. Service providers – complete list included in this directory
  - b. Service providers – listed by services
  - c. Service providers – listed by region of practice
    - i. Permanent location
    - ii. Mobility
  - d. Service providers – business descriptions and contact information

## 1. Introduction

Many businesses are seeking advice and guidance in terms of ergonomics issues, and most require specific ergonomics services. In answer to businesses' needs for the identification of local ergonomics service providers, WorkplaceNL's Prevention Services Department and the Occupational Health and Safety Branch of ServiceNL have developed the *Directory of Ergonomics Service Providers*.

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 to WorkplaceNL by the consultants themselves. This is not an all-inclusive list of ergonomics service providers. It is understood that WorkplaceNL and ServiceNL does not endorse or support any of these businesses, nor take responsibility for the quality of services which they provide. **It is, therefore, strongly recommended that anyone seeking consultation services from businesses listed in the directory follow the recommendations made in this document, for choosing a service provider.** (See Section 1.2, *Choosing a Service Provider*)

## 2. Choosing a service provider

Service providers are listed in this directory in several ways depending on your need or location. The following are some tips for how to choose a service provider:

- **Know what services you require**

Be well informed about which specific services you require before asking a consultant to provide you with an estimate of cost for services. Describe your situation in detail in order for the provider to clearly understand the services that you need.

If you have been issued an Order by an Officer of the Occupational Health and Safety Division of Service NL to obtain such services, it is recommended to provide the service provider with the text contained in the "To Wit" section of the Order. This will help the provider understand what is required. It can be helpful to direct the provider to contact the Officer to discuss the requirements of the Order. In this case, however, be sure to provide the Officer your permission to discuss the Order with the service provider.

- **Ask for an estimate of the cost for services**

Obtain estimates from more than one service provider. Ensure that the estimate is in writing, and that it outlines exactly what services are being provided for that price. It is advisable to ask for the estimate to include follow-up work. Follow-up services will help with implementing the recommendations made in the provider's report and to ensure the effectiveness of the service.

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. For example, is the consultant in town, or required to travel?

- **Determine the qualifications of the consultant?**

Consultants who offer ergonomics services could have a professional background in a variety of fields, such as Human Factors / Ergonomics, Engineering, Physiotherapy, Kinesiology, Occupational Therapy, Occupational Health Nursing, and others. Because of the varied disciplines, some professionals may not have the experience for the ergonomics services required. Therefore, it is important to inquire about 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 certification do they have?
- What other similar work have they done, and for how many years?

Most qualifications are specific to individual persons and not to the consulting firm itself. Thus, it is important to know the qualifications and experience of the person who will be working on your project. It is advisable to speak to previous clients, where possible. It would be helpful to find out who the consultant's last three clients for this service were so that they can be contacted as references. Note that this information may not always be available as clients may request that their names be kept confidential.

- **Determine what kind of report/service will be provided**

Ask the consultant to describe the typical duration of the services and the type of report you can expect to receive. 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.

If you are hiring a service provider to do work by a certain deadline (e.g. before renovations begin, or by a due date required by an Order issued by a Service NL Occupational Health and Safety Officer), provide that information to the service providers you are considering to determine if it will be possible to meet the deadline.

### **3. How a service provider can be included in this directory**

To add your business to this directory, please complete the Ergonomics Directory of Service Providers Request Form.

### **4. Updating a service provider's information in this directory**

It is the responsibility of each service provider to ensure that their information in this directory is current. Please notify WorkplaceNL when revisions are required to the staff listing, location, services, contact information or other relevant information.

WorkplaceNL  
146-148 Forest Road  
P.O. Box 9000  
St. John's, NL A1A 3B8

t: 709.778.1552  
f: 709.778.1587  
e: [general.inquiries@workplacenl.ca](mailto:general.inquiries@workplacenl.ca)

Please include in the subject line of the email, or make the fax attention to, WorkplaceNL's *Ergonomics Directory of Service Providers*.

### **5. Service providers directory**

#### **a. Service providers – complete list included in this directory**

Atlantic Safety Centre  
Central Rehab Inc.  
Definitions Health and Wellness Inc.  
DMC – Dallas Mercer Consulting Inc.  
Eastern Safety Services  
EnviroTech Solutions Ltd.  
FIT For Work  
InMotion Health Centre Inc.  
Integrated Occupational Health Services Ltd. (IOHS)  
Kinetic Life Solutions Ltd.  
Live Fit Rehabilitation Centre  
PhysioNorth  
ProActive Occupational Health  
Services  
ProActive Wellness Centre  
Sheila Kennedy  
Therapeutic Services Ltd.  
Therapy Works  
Therapy Works (Therapeutic Rehab Group Inc.)  
West Coast Physiotherapy Clinic

## **b. Service providers – listed by services**

### **(in order)**

- Back Education Including Body Mechanics Training
- Ergonomics Program Development / Implementation
- Fitness / Health Education
- Job Safety Analysis (JSA) / Physical Demands Descriptions (PDD)
- Musculoskeletal Injury (MSI) Awareness and Prevention Training
- Pre-Employment Assessments
- Risk Assessments - Ergonomics
- Safe Client Handling - Safe Work Practice (SWP) Development
- Safe Client Handling – Training
- Work Station Reviews
- Work Station Set-Up Principles (Education)
- Other Services Offered

### **Back education including body mechanics training**

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
DMC – Dallas Mercer Consulting Inc.	709.364.3900
Deer Lake Physiotherapy Clinic Inc.	709.635.2046
Definitions Health and Wellness Inc.	709.576.3339
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
PhysioNorth	709.944.7555
ProActive Wellness Centre	709.800.1745
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

### **Ergonomics program development / implementation**

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676

InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.800.1745
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

**Fitness / health education**

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
PhysioNorth	709.944.7555
ProActive Wellness Centre	709.800.1745
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

**Job safety analysis (JSA) / physical demands descriptions (PDD)**

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
DMC – Dallas Mercer Consulting Inc.	709.364.3900
Deer Lake Physiotherapy Clinic Inc.	709.635.2046
Definitions Health and Wellness Inc.	709.576.3339
Eastern Safety Services	709.757.7111
EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.800.1745
Therapeutic Services Ltd.	709.753.3372

Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

**Musculoskeletal injury (MSI) awareness and prevention training**

Atlantic Safety Centre	709.576.7233
Central Rehab	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
Eastern Safety Services	709.757.7111
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
PhysioNorth	709.944.7555
ProActive Wellness Centre	709.800.1745
Sheila Kennedy	709.770.3085
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

**Musculoskeletal Injury (MSI) Prevention Certification Training, WorkplaceNL Approved Providers**

Eastern Safety Services	709.757.7111
Kinetic Life Solutions	709.288.0123
Sheila Kennedy	709.770.3085

**Pre-employment assessments**

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709-834.7390
Definitions Health and Wellness Inc.	709.576.3339
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.800.1745
The Assessment & Therapy Centre Ltd.	709.596.1370
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693



Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

### **Risk assessments – ergonomics**

Atlantic Safety Centre	709.576.7233
Central Rehab	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
EnviroTech Solutions Ltd.	709.753.6601
FIT for Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.800.1745
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049

### **Safe client handling – safe work practice (SWP) development**

Atlantic Safety Centre	709.576.7233
Central Rehab	709.834.7390
Eastern Safety Services	709.757.7111
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049

### **Safe client handling – training**

Atlantic Safety Centre	709.576.7233
Central Rehab	709.834.7390
Eastern Safety Services	709.757.7111
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049

### **Work station reviews**

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900

EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.800.1745
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

### **Work station set-up principles (education)**

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
PhysioNorth	709.944.7555
Physical Rehab Inc.	709.634.3788
Proactive Occupational Health Services	709.800.1745
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

### **Other services offered (in alphabetical order by service provider)**

#### **Atlantic Safety Centre 709.576.7233**

- Qualitative respirator fit testing
- Safety Consulting
- A variety of OH & S training
- Risk & Hazard Assessment

#### **Central Rehab Inc 709.834-7390**

- 10 week pain management program (PGAP/PRFI)
- Assessment and reassessment programs for injured workers
- Functional Capacity Evaluations or Targeted Functional Assessments

**Definitions Health and Wellness Inc**

**709.576.3339**

- Physiotherapy
- Massage Therapy
- Acupuncture
- Occupational Therapy
- Athletic Therapy
- Kinesiology
- Registered Dietician
- TMJ Dysfunction
- Concussion Management
- Remote/Offshore Medical Services
- Functional Capacity Evaluations
- McKenzie Treatments
- Case Management
- Hearing/Vision Testing
- Drug Testing
- Pre Hire Assessments/Fit for Duty
- Manual Handling
- Health Leader Program
- Health and Safety Consulting
- Miners Medicals
- Wellness Program development for workplaces
- Chronic Pain Management and Treatment
- JDA Development
- Personal Injury Prevention Plans
- Manual Handling Certification
- Online Health Services (TeleHealth)
- REBA/RULA Assessments

**DMC – Dallas Mercer Consulting Inc.**

**709.364.3900**

- Understanding worker's compensation
- Disability management
- Industrial hygiene
- Qualitative respirator fit testing
- Safety consulting
- OH&S training

**EnviroTech Solutions Ltd.**

**709.753.6601**

- Industrial hygiene
- Confined space
- Respiratory protection
- Hazardous materials management

**FIT For Work****709.722.7676**

- Employment Testing & Pre-site Access Medicals
- Drug & Alcohol Testing 24/7
- Audiograms, Spirometry & Vision testing for Employment
- IME's, 2<sup>nd</sup> Medical Opinions, Functional Evaluations
- Occupational Rehabilitation for Physical & Mental Health
- Train the Trainer for Office Ergonomics
- Chronic Pain Management & Psychosocial Rehab (PGAP programs and other activation / restoration programming)
- Multidisciplinary Assessment
- Vocational Assessments and Transferable Skills Analysis
- CA /CDAs – Cognitive Assessments and Cognitive Demands Analysis
- In Home Assessments
- Assessments by nursing, psychology, physiotherapy, kinesiology, vocational specialist and physician specialist consultations
- Return to work facilitation (post-injury, mental illness/chronic illness)
- Virtual care options available for many services
- Wellness Clinic

**InMotion Health Centre Inc.****709.747.5945**

- Occupational therapy
- Clinic Based Occupational Rehabilitation (CBOR)
- Exercise Gym Strengthening Program
- Back Core Stabilization Program
- Ergonomic Assessments
- Work Conditioning/Hardening
- Job Site Analysis
- Job Match
- Worksite Occupational Rehabilitation (WSOR)
- Functional Assessments
  - Cognitive Functional Assessments
  - Cognitive Job Site Analysis
  - Cognitive Behavioral Therapy (CBT)
- Concussion screening and assessment (SHIFT trained)
- Complete Concussion Care Management (CCM trained)
- Cognitive assessments for mild to moderate brain dysfunction (Brain FX trained)
- Progressive Goal Attainment Program (for chronic pain and/or anxiety and depression)
- Pre-Employment Screening
- Accessibility Assessment / Wheelchair Assessment
- ADL Assessment
- Future Cost of Care Assessment
- Reactivation Program (Psychology and/or OT)
- Physiotherapy

- Chiropractic
- Massage therapy
- Psychology
- Orthotics
- Acupuncture
- Dietetics
- Team Assessments
- Independent Assessments

**Integrated Occupational Health Services Ltd. (IOHS) 709.722.9675**

- All assessment, rehabilitation and return to work services for injured or disabled employees with physical, cognitive and, mental health conditions.
- Train the trainer program in office ergonomics
- Workplace wellness and rehabilitation services directed to employees with mental health difficulties
- Pain Management Program i.e., Progressive Goal Attainment Program (PGAP)
- Home Demands Analysis (HDA) to determine attendant care, homemaking and adaptive equipment needs. Home modification needs assessment can also be provided.
- Online assessment and rehabilitation services
- Kinesiology Services including custom exercise program prescription for rehab and wellness, job specific training and pre-employment testing.

**Kinetic Life Solutions Ltd.**

**709.288.0123**

- Participatory Ergonomics Programs
- Training in house team to provide basic ergonomics risk factors
- Identification, evaluation and controls
- Kinesiology
- Functional Capacity Evaluations
- Prehire Assessments
- Manual Handling
- Exercise prescription
- Compression Wear and Bracing
- Participatory Ergonomics ErgoAnalyst Trainer

**Live Fit Rehabilitation Centre**

**709.489.3611**

- Private consulting
- Chronic pain management and treatment
- Exercise prescription
- Neuro and cardiac rehab
- Occupational therapy
- Pain Management Program (PGAP/PRFI)
- Functional Capacity Evaluations (FCE)

- Occupational Therapy (physical and psychological therapy)
- Home visits/assessments
- Concussion management
- Virtual ergonomic assessment
- Cognitive Functional Evaluation (Cog. FCE)
- Clinic based occupational rehab/work conditioning (CBOR)
- Work Site Occupational Rehab (WSOR)
- Customized Exercise Prescription
- Neuro Rehab
- Kinesiology

**PhysioNorth**

709.944.7555

- Physiotherapy
- Acupuncture
- Auditing (ergonomics)
- Qualitative respiratory fit testing
- Exercise prescription

**ProActive Wellness Centre /  
Proactive Occupational Health Services**

709.800.1745

- Physiotherapy
- Sport Physiotherapy
- Massage Therapy
- Ergonomic assessments
- Acupuncture
- Orthopedic bracing
- Orthotics
- Sports Massage
- Nutrition
- Custom Bracing
- Concussion Care
- Studio Gyms
- Occupational Rehab
  - Clinic Based Occupational Rehab (CBOR)
  - Worksite Occupational Rehab (WSOR)
  - Functional Assessment's

**Therapeutic Services Ltd.**

709.753.3372

- Occupational rehabilitation
- Clinic Based Occupational Rehabilitation (CBOR)
- Worksite Occupational Rehabilitation (WSOR)
- Assessment, rehabilitation and return to work services for injured and disabled employees
- Functional capacity assessment

- Exercise prescription
- Acupuncture
- Women's health
- TMJ dysfunction assessment and treatment
- Physiotherapy
- Massage therapy
- Kinesiology

**Therapy Works**

**709.466.4443/4693**

- Pacing principles
- PGAP
- FCE
- Clinic based exercise
- Physiotherapy
- Chiropractor
- Massage Therapy
- Acupuncture
- Custom Made Orthotics

**Therapy Works (Therapeutic Rehab Group Inc.)**

**709.786.9049**

- Functional Capacity Evaluations
- Worksite Occupational Rehabilitation (WSOR)/Ease-Back Planning
- Clinic Based Occupational Rehabilitation (CBOR)/Work Hardening and Work Conditioning
- Exercise Prescription
- Pain Management Program (PGAP)
- Orthotics
- Acupuncture
- Massage Therapy
- Naturopathic Medicine Consults
- Chiropractic
- Occupational Therapy
- Physiotherapy
- Occupational Therapy-Children's Program (Learning Disabilities, ADHD/ADD, Autism)
- Laser Treatment

**West Coast Physiotherapy Clinic**

**709.634.9540**

- Physiotherapy
- Functional capacity assessment
- Ergonomic Assessment, Job Site Analysis, Physical Demand Assessment
- Exercise prescription
- Vestibular dysfunction assessment and treatment
- Acupuncture
- Return to work planning

- Acute and long term injury management and treatment
- Massage therapy
- Occupational health and safety assessments
- Power line hazard assessments
- OH&S program development and assistance

**c. Service providers – listed by region of practice**

**i. Permanent location**

**St. John's / Mount Pearl / Paradise**

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
ProActive Wellness Centre	709.800.1745
ProActive Occupational Health Services	709-800.1745
Therapeutic Services Ltd.	709.753.3372
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049

**Conception Bay South**

ProActive Wellness Centre	709.800.1745
Central Rehab Inc.	709.834.7390

**Bay Roberts/Carbonear**

ProActive Occupational Health Services	709.800.1745
Therapy Works (Therapeutic Rehab Group Inc.)	

**Burin Peninsula**

FIT For Work	709.279.7676
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**Clareville**

Central Rehab Inc.	709.834.7390
ProActive Occupational Health Services	709.800.1745
Therapy Works	709.466.4443/4693



## **Central (Gander / Grand Falls)**

Live Fit Rehabilitation Centre	709.489.3611
ProActive Occupational Health Services	709.800.1745

## **Corner Brook**

FIT For Work	709.632.7676
West Coast Physiotherapy Clinic	709.634.9540

## **Labrador**

Kinetic Life Solutions Ltd.	709.288.0123
PhysioNorth	709.944.7555
ProActive Occupational Health Services	709.800.1745

## **ii. Mobility**

### **Travel province-wide**

Atlantic Safety Centre	709.576.7233
Central Rehab	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
FIT For Work	709.722.7676
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Proactive Occupational Health Services	709.800.1745
<i>Determined on individual basis</i>	
Therapy Works	709.466.4443/4693
<i>If travel costs are supported/compensated</i>	
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049

*Travel frequently all over the Avalon Peninsula:  
St. John's-Placentia-Arnold's Cove-Old Perlican*

### **Travel specific regions within NL**

InMotion Health Centre Inc. Avalon Peninsula Burin Peninsula As far west as Grand Falls/Gander area	709.747.5945
Integrated Occupational Health & Safety (IOHS) One therapist qualified to travel offshore (BST and Medical Certification)	709.722.9675
ProActive Wellness Centre Burin Peninsula Grand Falls/Gander area ( <i>Determined on individual basis</i> )	709.800.1745
West Coast Physiotherapy Clinic Corner Brook Northern Peninsula Labrador City Goose Bay Stephenville Port au Port Port aux Basques Burgeo	709.634.9540

### **Travel Atlantic Canada**

Definitions Health and Wellness Inc.	709.576.3339
Kinetic Life Solutions Ltd. o Nova Scotia, New Brunswick & Prince Edward Island	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611

### **d. Service providers – business descriptions and contact information**

#### **Atlantic Safety Centre**

Location

P.O. Box 13787

1200 Kenmount Road, Unit B

Paradise, NL A1L 1N3

t: 709.576.7233

f: 709.576.1409

e: [msaunders@atlanticsafetycentre.com](mailto:msaunders@atlanticsafetycentre.com)

w: [www.atlanticsafetycentre.com](http://www.atlanticsafetycentre.com)

Type of Business: Health, Safety, and Wellness Consulting Services

Contact Person(s): Mona Saunders (President), 709.576.7233

**Central Rehab Inc.**

Locations:

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

t: 709.834.7390  
f: 709.834.7391  
e: [donna@centralrehab.nf.ca](mailto:donna@centralrehab.nf.ca)  
w: [www.centralrehab.nf.ca](http://www.centralrehab.nf.ca)

760 Topsail Road  
Mount Pearl Square  
Mount Pearl, NL A1N 3J5

t: 709.747.5669  
f: 709.747.5668  
e: [donna@centralrehab.nf.ca](mailto:donna@centralrehab.nf.ca)

36 Balbo Drive  
Clarenville, NL A5A 4A4

t: 709.834.7390  
f: 709.834.7391  
e: [donna@centralrehab.nf.ca](mailto:donna@centralrehab.nf.ca)

Type of Business: Occupational Vocational Rehabilitation Clinic

Contact Person: Donna Pritchett, Administrative Assistant/Scheduler, 834.7390.302

**Definitions Health and Wellness Inc.**

Location:

45 Hebron Way  
St. John's, NL A1A 0P9

t: 709.576.3339  
f: 709.576.3116  
e: [info@definitionsonline.com](mailto:info@definitionsonline.com)  
w: [www.definitionsonline.com](http://www.definitionsonline.com)

Type of Business: Private Full Suite Medical Services

Contact Person(s): Kevin Oram 709.576.3339

**DMC – Dallas Mercer Consulting Inc.**

Location:

47 Beclin Road  
Mount Peal, NL A1N 5G4

t: 709.364.3900  
f: 709.364.3910  
e: [jessica@dmconsulting.ca](mailto:jessica@dmconsulting.ca)  
w: [www.dmconsulting.ca](http://www.dmconsulting.ca)

Type of Business: Disability and Safety Consulting Services

Contact Person(s): Jessica Power, Training Coordinator, 709.364.3900 Ext. 119

**EnviroTech Solutions Ltd.**

Location:

P.O. Box 13192 Stn "A"  
St. John's, NL A1B 4A4

t: 709.753.6601  
f: 709.753.6438  
e: [johnlewis@esl-hse.com](mailto:johnlewis@esl-hse.com)

Type of Business: Private Consultant

Contact Person(s): John Lewis, Sr. HSE Consultant

**FIT for Work**

Location:

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

t: 709.722.7676  
f: 709.722.6029  
e: [info@fitforwork.com](mailto:info@fitforwork.com)  
w: [www.fitforwork.com](http://www.fitforwork.com)

8 Gullage Avenue  
Corner Brook, NL A2H 7J4

t: 709.632.7676  
f: 709.634.1015

234 Ville Marie Drive  
Marystown, NL A0E 2M0

t: 709.279.7676  
f: 709.279.7677

Type of Business: Medical & Occupational Rehabilitation Services

Contact Person(s):

Jennifer Bouzane – Senior Clinical Manager

t: 709-722-7676

f: 709-722-6029

e: [jbouzane@fitforwork.com](mailto:jbouzane@fitforwork.com)

### **InMotion Health Centre Inc.**

Location:

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

t: 709.747.5945

f: 709.747.5946

e: [toldford@inmotionhealthcentre.ca](mailto:toldford@inmotionhealthcentre.ca)

w: [www.inmotionhealthcentre.ca](http://www.inmotionhealthcentre.ca)

496 Topsail Road  
St. John's, NL A1E 2C2

t: 709.747.5945

f: 709.747.5946

e: [toldford@inmotionhealthcentre.ca](mailto:toldford@inmotionhealthcentre.ca)

w: [www.inmotionhealthcentre.ca](http://www.inmotionhealthcentre.ca)

Type of Business: Vocational Rehabilitation Clinic

Contact Person(s):

Trent Oldford, OT, Co-Owner

t: 709.727.4354

e: [toldford@inmotionhealthcentre.ca](mailto:toldford@inmotionhealthcentre.ca)

Pam Dolomount, Manager

t: 709.727.0374

e: [pam@inmotionhealthcentre.ca](mailto:pam@inmotionhealthcentre.ca)

### **Integrated Occupational Health Services Ltd. (IOHS)**

Location:

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

t: 709.722.9675

f: 709.722.9677

e: [info@iohs.ca](mailto:info@iohs.ca)

w: [www.iohs.ca](http://www.iohs.ca)

Type of Business: Occupational Therapy and Vocational Rehabilitation Clinic  
Vocational Rehabilitation Clinic

Contact Person(s):

Jane Simmons, [jsimmons@iohs.ca](mailto:jsimmons@iohs.ca)

Tina Trickett, [info@iohs.ca](mailto:info@iohs.ca)

**Kinetic Life Solutions Ltd**

Location:

PO Box 119

Labrador City, NL A2V 2K3

t: 709.288.0123

f: 709.288.0122

e: [kathylynn@kineticlife.ca](mailto:kathylynn@kineticlife.ca)

Contact Person:

Kathy-Lynn Shaw, Canadian Certified Professional Ergonomist (CPPE) and Certified Kinesiologist (NLCK)

**Live Fit Rehabilitation Centre**

Location:

36 Toulette Drive

Grand Falls-Windsor, NL A2B 1K7

t: 709.489.3611

f: 709.489.5604

e: [livefitrehab@nl.rogers.com](mailto:livefitrehab@nl.rogers.com) Type of Business:  
Occupational Rehabilitation, Private Consulting.

Contact Person(s):

Perry Davis, 709-489-3611

Jocelyn Hodder, 709-489-3611

**PhysioNorth**

Location:

221 Humber Avenue

Labrador City, NL A2V 2Y3

t: 709.944.7555

f: 709.944.7557

e: [info@physionorthnl.ca](mailto:info@physionorthnl.ca)

Type of Business: Full scope occupational rehab facility

Contact Person(s): Matthew Sullivan

**ProActive Wellness Centre / Proactive Occupational Health Services**

Locations:

46 Aberdeen Avenue

St. John's, NL

t: 709.800.1745

300 Kenmount Road

St. John's

t: 709.800.1745

117 Ropewalk Lane

St. John's

t: 709.800.1745

50 Commonwealth Avenue

Mount Pearl

t: 709.800.1745

12 Merchant Drive  
Mount Pearl t: 709.800.1745

645 Conception Bay Highway  
Kelligrews t: 709.800.1745

363 Conception Bay Highway  
Holyrood t: 709.800.1745

261-263 Conception Bay Highway  
Bay Roberts/Carbonear t: 709.800.1745

105 Manitoba Drive  
Clareville t: 709.800.1745

t: 709.800.1745  
105 Lincoln Road  
Grand Falls Windsor

2C Bowell Street  
Goose Bay t: 709.800.1745

Type of Business: Physiotherapy, Massage Therapy and  
Occupational Services clinic

Contact Person(s):  
Katie Moores 709.800.1745  
Cyril Bonia 709.800.1745

**Sheila Kennedy**  
Mount Pearl, NL t: 709.770.3085  
e: [sheilak016@gmail.com](mailto:sheilak016@gmail.com)

**Therapeutic Services Ltd.**

Locations:  
20 Highland Drive t: 709.753.3372  
P.O. Box 29006 f: 709.753.3376  
St. John's, NL A1A 5B5 e: [info@tslphysio.ca](mailto:info@tslphysio.ca)  
w: [www.tslphysio.ca](http://www.tslphysio.ca)

35 Rowan Street  
Churchill Square  
St. John's, NL A1B 2X2

Type of Business: Occupational Rehab Clinic

Contact Person(s):

Daniel Martyn and Liv-Terese Martyn 709.753.3374

Mary Lou Sullivan 709.753.3374

### **Therapy Works**

Location:

54-56 Manitoba Drive  
Clareville, NL A5A 1K5

t: 709.466.4443/4693

f: 709.466.4449

e: [cots@nf.aibn.com](mailto:cots@nf.aibn.com)

[Therapyworks@Clareville.com](mailto:Therapyworks@Clareville.com)

w: [www.therapyworksinc.ca](http://www.therapyworksinc.ca)

Type of Business: Vocational Rehab Clinic

Contact Person(s):

Karen Peddle [cots3@nf.aibn.com](mailto:cots3@nf.aibn.com)

Edgar Balsom [cots@nf.aibn.com](mailto:cots@nf.aibn.com)

### **Therapy Works (Therapeutic Rehab Group Inc.)**

Locations:

Main Office  
148 Conception Bay Highway  
Bay Roberts, NL

t: 709.786.9049

f: 709.786.9061

e: [therapyworks@bellaliant.net](mailto:therapyworks@bellaliant.net)

w: [www.therapyworksnl.ca](http://www.therapyworksnl.ca)

52 Powell Drive  
Carbonear, NL

t: 709.786.9049

f: 709.786.9061

e: [therapyworks@bellaliant.net](mailto:therapyworks@bellaliant.net)

w: [www.therapyworksnl.ca](http://www.therapyworksnl.ca)

279 Portugal Cove Road  
St. John's, NL

t: 709.786.9049

f: 709.786.9061

e: [therapyworks@bellaliant.net](mailto:therapyworks@bellaliant.net)

w: [www.therapyworksnl.ca](http://www.therapyworksnl.ca)



Type of Business: Vocational Rehabilitation Clinic

Contact Person: Frances Delaney, Office Manager, 709.786.9049

All correspondence for Therapy Works (Therapeutic Rehab Group Inc.) is to be mailed to the main office at the following address:

Therapy Works  
148 Conception Bay Highway  
P.O. Box 59  
Bay Roberts, NL A0A 1W0

**West Coast Physiotherapy Clinic**

Location: Corner Brook  
89 West Valley Road  
Corner Brook, NL A2H 2X4

t: 709.634.9540  
f: 709.634.0869  
e: [ian@westcoastphysio.ca](mailto:ian@westcoastphysio.ca)  
w: [www.westcoastphysio.ca](http://www.westcoastphysio.ca)

Type of Business: Private Health Care and Rehabilitation Clinic offering Consultation in Ergonomics, Functional Evaluation, RTW Planning and OHS service areas

Contact Person(s):  
Ian Hutchinson  
Steve Hutchinson