



### **CALIFORNIA JPIA WORKSHOP DESCRIPTION**

Participants will gain an understanding of ergonomics and ergonomic myths, types of injuries, and contributory factors to back injuries. Back injury prevention strategies are presented including the physiological structure and design of the back, potential injuries, the difference between acute and chronic problems, and proper lifting techniques to prevent injuries. This workshop meets the requirements of Cal-OSHA General Industry Safety Orders §5110(b)(3).

### **THE FOLLOWING TOPICS WILL BE COVERED**

- Why do back injuries occur?
- Remember - maintain your curves
- Proper lifting and reaching techniques
- Ideas to reduce injuries common to public works and field crews
- Proper work station set-up

### **WHO SHOULD ATTEND**

Fire Officers, Transit Employees, Public Works – Water/Sanitation, Public Works – Street Maintenance, Public Works – Landscape Maintenance, Public Works – Fleet Mechanics, Public Works – Facilities Maintenance, Public Works Employees, Park and Recreation Employees, Public Works Directors, Park and Recreation Directors, Employees who drive vehicles on behalf of the city, Code Compliance Officers, Building Inspectors, Animal Control Officers

### **PRESENTED BY**

#### **Rebecca Cameron, Sunrise Physical Therapy Services, Inc.**

Rebecca Cameron has been performing ergonomic evaluations, trainings, and equipment assessments with Sunrise Physical Therapy Services, Inc., and Sunrise Ergonomics, for eight years. She is a Certified Ergonomic Assessment Specialist. Sunrise provides approximately 1,000 ergonomic interventions and trainings each year to a variety of client companies including both private and public entities. Rebecca has been an integral part of the entire ergonomic division, including working with ergonomic equipment development, troubleshooting, and procurement. She works with office personnel, custodial, maintenance, grounds, transportation, and cafeteria/kitchen employees and assists with ergonomic needs. Prior to working with Sunrise, Rebecca had several years experience working as an instructor and trainer within the aeronautical industry.

**Thursday, March 18, 2010**

**8:30 AM - 11:30 AM**

**Location: Big Bear City Community Services District  
139 East Big Bear Boulevard**