



# Ergonomics - Field and Transit Personnel

## 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

### **Jamie Mason, Sunrise Physical Therapy Services, Inc.**

Jamie Mason, Sunrise Physical Therapy Services, Inc.

Jamie Mason is a registered physical therapist with 15 years of clinical experience along with injury prevention expertise. She is the owner and practicing clinician at two physical therapy clinics in Ventura County. Jamie provides injury prevention programs for numerous companies and organizations in highly diverse settings that include public works, schools, health care facilities, manufacturing/processing, kitchens, offices, maintenance facilities, and newspaper companies.

**Wednesday, July 30, 2008**

**12:30 PM - 3:30 PM**

**Location: Los Altos - MROSD - Foothills Field Office  
22500 Cristo Rey Avenue**