



CALIFORNIA JPIA WORKSHOP DESCRIPTION

Participants will gain an understanding of ergonomics and ergonomic myths, types of injuries, signs and symptoms of injuries, proper work station design, cost effective options to create the ideal workstation, and implementation of an ergonomic program. 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 computer station set-up
- Proper monitor placement
- Proper chair positioning
- Stretches and eye exercises you can do at work

WHO SHOULD ATTEND

City Attorneys, Supervisors, Elected Officials, Personnel Directors, Administrative Staff, City Managers, Finance Officers, City Clerks

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
1:00 PM - 4:00 PM**

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