



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

Jamie Mason, Sunrise Physical Therapy Services, Inc.

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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.

Tuesday, September 16, 2008

1:00 PM - 4:00 PM

**Location: Pico Rivera - Pico Park
9520 Beverly Boulevard**