



## Reconnect Webinars

*Reduce injury with musculoskeletal injury prevention programs!*

## Workplace Ergonomics - General Labor

*Powerful strategies to reduce injury and increase human productivity in the workplace.*



### Overview

Workplace strain injury is the most common yet preventable injury causing over 60% of general labor workers perform their jobs in pain. Early detection and treatment can prevent prolonged injury occurrence. Previous injuries, poor posture, illness and improper ergonomics contribute to chronic pain, strain injury, reinjury and potential long-term disability. Identifying workplace risks for injury, as well as knowing the causes, symptoms and how to treat and prevent strain injury, can go a long way toward creating a healthy workplace. Applying the 4 P's of ergonomics (planning, prioritizing, pacing and posture) to work tasks has been shown to significantly reduce workplace pain and injuries and successfully assist workers in return to work after an injury. Learning about their own body asymmetries promotes postural adjustments and use of correct body mechanics to prevent injury. Review of basic pre and post-workplace exercises, stretches and fitness pursuits which follow the *Motion is Lotion* premise to keep bodies strong and supple and less likely to become injured and stimulate discussion regarding community fitness options.

### Goal

*MSIP for General Labor Sector* accomplishes reduced risk and incidence of workplace injuries and optimizes health of general labor workers through ergonomic education and provision of useful tools and strategies.

### Learning Outcomes

- Review strain injury statistics for the general labor profession.
- Identify strain injury causes, symptoms and treatment.
- Profile the 4 P's of ergonomics (planning, pacing, prioritizing, posture) for general laborers.
- Profile awkward postures most likely to cause injury and review best postures for a variety of tasks.
- Review basic exercises and fitness options to prevent workplace injury.

### Handouts

*Exercises and Stretches to Prevent Injury*  
*Ergonomic Basics for General Labor*



American  
Occupational Therapy  
Association

Approved Provider

***Evidence Based – Research Referenced - Strategy Focused***

## Creator and Speaker

Webinar creator **Cris Rowan** is a well-known speaker and author to parents, teachers and clinicians throughout North America in the field of sensory integration, motor development, learning enhancement and the impact of technology on children's neurological development. Cris has Bachelor of Science degrees in both Occupational Therapy and in Biology and is a SIPT certified Pediatric Sensory Specialist. Cris is CEO of Sunshine Coast Occupational Therapy Inc. and Zone'in Programs Inc. offering workshops/webinars, training, and consultation services to enhance child development, behavior and learning. Cris is a prolific writer creating the [Child Development Series Newsletter](#), [Moving to Learn](#) blog, [Unplug – Don't Drug](#) peer reviewed publication, [10 Reasons to ban handheld devices in children under 12](#) viral Huffington Post article with 7.2 million "likes", as well as her first book [Virtual Child – The terrifying truth about what technology is doing to children](#). Cris is a member of the internationally renowned [Institute for Digital Media and Child Development](#) and the [Children's Screen Time Action Network - Screens in Schools Committee](#).



## Who should attend?

Contractors, managers, general laborers in construction and landscaping industries, maintenance workers, occupational and physical therapists. *Reconnect Webinars* are designed to be *introductory* level for contractors and managers, *intermediate* level for general laborers in construction and landscaping industries, and maintenance workers, and *advanced* level for occupational and physical therapists.

## How to buy this Workplace Ergonomic Webinar recording?

- ✓ **Buy** this *Workplace Ergonomic Webinar – General Labor* online at [www.reconnectwebinars.com](http://www.reconnectwebinars.com).
- ✓ **Check** out our 2 other *Ergonomic Webinars* online at [www.reconnectwebinars.com](http://www.reconnectwebinars.com).
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  - Teachers – *The Learning Paradox*
  - Clinicians – *Unplug – Don't Drug*

## Need Help? Contact Us

1. **Fax** 1-877-896-6346.
2. **Phone** 1-888-896-6346.
3. **Email** [info@reconnectwebinars.com](mailto:info@reconnectwebinars.com).