



Reconnect Webinars

Reduce injury with Musculoskeletal Injury Prevention Programs!

Workplace Ergonomics - Health Care

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 health care workers perform their jobs in pain. Early detection and treatment can prevent prolonged injury occurrence. Previous injuries, poor posture, illness, improper ergonomics and improper patient handling techniques 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. Review of basic transfer and patient handling procedures and use of innovative equipment not only prevents worker injury but promotes optimal independence of clients. 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 Health Care Sector accomplishes reduced risk and incidence of workplace injuries and optimizes health of health care workers through ergonomic education and provision of useful tools and strategies.

Learning Outcomes

- Review strain injury statistics for the health care 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 transfer techniques and ergonomic equipment designed to reduce worker injury.
- Review basic exercises and fitness options to prevent workplace injury.

Handouts

Handle with Care – Patient Handling and Ergonomic Requirements Exercises and Stretches to Prevent Injury
Ergonomic Basics for Health Care Workers



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?

CEO's, administrators, health care workers, clinicians, occupational and physical therapists, and social workers. *Reconnect Webinars* are designed to be *introductory* level for CEO's, administrators and social workers, *intermediate* level for health care workers and clinicians, and *advanced* level for occupational and physical therapists.

How to buy this Workplace Ergonomic Webinar recording?

- ✓ **Buy** this *Workplace Ergonomic Webinar – Health Care* online at www.reconnectwebinars.com.
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