



## Reconnect Webinars

Reduce injury with Musculoskeletal Injury Prevention Programs!

## Workplace Ergonomics – Office Sector

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 office 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. Review of basic desktop ergonomic principles e.g. position of worker, monitor, keyboard and mouse and use of ergonomic equipment prevents worker 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 the Office 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 office strain injury statistics, causes, symptoms and treatment.
- Profile the 4 P's of ergonomics with employee specific applications in office setting.
- Detail awkward postures most likely to cause injury and environmental solutions.
- Recount best postures for a variety of task positions.
- Contrast office ergonomic equipment designed to reduce worker injury.
- Recount basic exercises and fitness options to prevent workplace injury in office setting.

### Handouts

*Exercises and Stretches to Prevent Injury*  
*Ergonomic Basics for Office Workers*  
*Ergonomic Computer Set-up*



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, office employees, health care educators and clinicians. *Reconnect Webinars* are designed to be *introductory* level for employees, *intermediate* level for CEO's and administrators and *advanced* level for health care educators and clinicians.

## How to buy this Workplace Ergonomic Webinar recording?

- ✓ **Buy** this *Workplace Ergonomic Webinar – Office* 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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2. **Phone** 1-888-896-6346.
3. **Email** [info@reconnectwebinars.com](mailto:info@reconnectwebinars.com).