Prevention of work-related musculoskeletal disorders (MSDs) by applying ergonomic principles is as important to small businesses as it is to major corporations. In fact, understanding and using best ergonomics practices can make a substantial economic difference for all business owners. Forty-three cents of every dollar going to workers' compensation claims in our state is for work-related non-traumatic MSDs of the back, shoulder, elbow, hand, wrist, and knee.*

This 2-day program is offered to all who wish to gain a working knowledge of occupational MSDs, their risk factors, and prevention tools to increase productivity and decrease injuries and claims. This course will provide training on ergonomics basics, as well as in-depth guidance for the management decision-making processes concerning task analysis and the evaluation of prevention and intervention resources. A panel of experts will discuss and answer questions on a variety of merging risks such as those associated with sitting disease, handheld devices, call-in centers, laboratories, and agricultural work.

*COURSE OBJECTIVES
Participants will be able to:
• Define ergonomics and understand the importance of fitting the task to the person
• Recognize the importance of differences in body size
• List common work-related MSDs and recognize associated risk factors
• Identify 3 ergonomics assessment tools for use in the workplace
• Assess how to choose the right tool for the task
• Design a work station to fit the worker and learn how to make modifications to account for differences in body types
• Make informed decisions concerning training, job modification and importance of prevention by design
• Know how to access current financial and technical resources available to business owners

DATE & LOCATION
March 8–9, 2016
Auditorium at Valley Medical Arts Building, UW/Valley Medical Center
400 S 43rd St
Renton, WA 98055

REGISTRATION
Register online at osha.washington.edu or by calling the Northwest Center at 206-543-1069.
Standard Registration: $350
Student: $175
Government employee: $300
After February 27, 2016: $50 late fee will apply

INFORMATION
206-543-1069 or 800-326-7568
ce@uw.edu
oshawashington.edu

EnviROEnmental & Occupati Onal HEaltH sciEncE s • scHOOl Of public HEaltH • univERsitY O f W asHin GtOn
AGENDA

DAY 1
7:30–7:55 am  Registration
7:55–8:00  Welcome
Peter Johnson, PhD, Course Director
8:00–8:30  The Business Case: A Success Story
Keith Osborne, CEAS, CWS
8:30–10:00  Introduction to Ergonomics: Scope of the Problem
Peter Johnson, PhD & David Rempel, MD, MPH
  Current and Future Issues
  Aging & Obesity
  Michelle Averill, PhD, RD & Peter Johnson, PhD
  Panel Discussion and Q&A
  David Rempel, MD, MPH, Moderator
10:00–10:15 Break
10:15–12:00 pm  Focus on the Upper Extremities:
  Hand, Arm, and Shoulder,
  Work-Related Factors Assessment Tools, and Findings
  from the NIOSH Consortium on Upper Extremity Disorders
  David Rempel, MD, MPH
12:00–1:00 Lunch
1:00–2:30  Focus on the Back and Lower Extremities:
  The Biomechanics of Heavy Work and Work-Related
  Factors and Assessment Tools
  Peter Johnson, PhD
2:30–2:45  Upper Extremity, Back and Lower Extremity Panel Q&A
  Bruce Coulter, MAIS, CPE, Moderator
2:45–3:00 Break
3:00–4:15  Advanced Office Ergonomics
  David Rempel, MD, MPH
4:15–5:00  Returning the Injured Employee to the Workplace
  Nina Marie Altman, PT, MEd, MS
DAY 2
8:00–8:45 am  Opening: What is Washington State Doing for You?
Ninica Howard, MS, CPE / Rick Goggins, MS, CPE

8:45–10:15  Emerging Issues in Ergonomics and Special Case Studies Panel
Bruce Coulter, MAIS, CPE; Leslie Pickett, PT, DPT; Ernesto Carcamo, MSc, CPE; Rick Goggins, MS, CPE
• Sitting Disease  • Laboratories
• Handheld devices  • Agriculture
• Call-in centers  • Prevention through Design

10:15–10:30 Break

10:30–11:15  The Changing State of Employment:
How Globalization, Unique Work Arrangements, Temp, Contract and Work-at-Home May Affect WMSDs
Ninica Howard, MS, CPE

11:15–12:15 pm  Office Workstation Ergonomics: Assessments and Adjustments
Janet Peterson, PT, DPT

12:15–1:15 Lunch

1:15–2:30  Activity Specific Workshops (choose 1 of the 2 below)
A. Healthcare Ergonomics: An Overview on Risk, Prevention, and Employer Responsibility
Leslie Pickett, PT, DPT
B. Whole Body Vibration, Hand/Arm Vibration and Hand Tool Design
Peter Johnson, PhD & Stephen S. Bao, PhD, CPE

2:30–3:30  Start and Maintain an Effective Ergonomics Process in Your Facility:
Program Evaluation and Benchmarking
Keith Osborne, CEAS, CWS

3:30–3:45 Break

3:45–4:45  Return on Investment: Making the Business Case
“How Do I Justify an Ergonomics Program?”
Rick Goggins, MS, CPE

4:45–5:00 Closing & Evaluation

INTENDED AUDIENCE
Small business managers and owners with workers involved in: manufacturing, office work, materials management, food service, health care, call-in centers, grocery handling, etc.; human resource professionals, ergonomists, industrial hygienists, safety and health professionals, primary care professionals, physical and occupational therapists, safety committee members, risk managers, procurement staff, equipment design professionals
LOSS PREVENTION THROUGH ERGONOMICS: Best Economic Practices for Sustaining Worker Health

COURSE DIRECTOR
Peter Johnson, PhD, MS

Dr. Johnson has worked as a researcher at the National Institutes of Occupational Health in the United States, Sweden, and Denmark. Some of his most notable studies include the investigation of risk factors and interventions for computer work and cell phone use, and whole body vibration among trucking industry workers.

FEATURED SPEAKER
David Rempel, MD, MPH

Dr. Rempel's research focuses on hand biomechanics and the design of tools and work tasks in order to improve productivity and the quality of work while preventing hand and upper body fatigue and injury.

FACULTY
Peter Johnson, PhD, Course Director
Professor, Department of Environmental & Occupational Health Sciences
Adjunct Professor, Industrial & Systems Engineering, University of Washington

David Rempel, MD, MPH, Featured Speaker
Professor Emeritus of Medicine, UCSF, Professor of Bioengineering, UCB
School of Medicine, Division of Occupational & Environmental Medicine, UC San Francisco

Nina Marie Altman, PT, MEd, MS
Case Manager/Physical Therapist, Renton Occupational Health Services

Michelle Averill, PhD, RD
Acting Assistant Professor, UW Department of Environmental & Occupational Health Sciences

Stephen Bao, PhD, CPE
Senior Ergonomist, Safety & Health Assessment & Research for Prevention (SHARP), Washington State Department of Labor & Industries

Ernesto Carcamo, MSc, CPE
Ergonomist, Washington State Department of Labor & Industries

Bruce Coulter, MAIS, CPE
Ergonomist, Washington State Department of Labor & Industries

Rick Goggins, MS, CPE
Ergonomist, Washington State Department of Labor & Industries

Ninica Howard, MS, CPE
Ergonomist, SHARP Program, Washington State Department of Labor & Industries

Keith Osborne, CEAS, CWS
Ergonomist, Seattle City Light

Janet Peterson, PT, DPT
Principal, JP Ergonomics Consulting

Leslie Pickett, PT, DPT
Manager, Injury Prevention & Ergonomics, Providence Health Systems

CONTINUING EDUCATION PROGRAMS
NORTHWEST CENTER FOR OCCUPATIONAL HEALTH AND SAFETY
DEPARTMENT OF ENVIRONMENTAL AND OCCUPATIONAL HEALTH SCIENCES
University of Washington School of Public Health

To request disability accommodation, contact the Disability Services Office at least 10 days in advance at: 206-543-6450 (voice); 206-543-6452 (TDY); 206-685-7264 (FAX); or dso@u.washington.edu (e-mail)