

# Ergonomics Forum

**DATE:** Tuesday 26th April, 2016

**LOCATION:** THE BRITISH CONSULATE, DOWNTOWN SAN FRANCISCO



Cardinus LLC, in partnership with EORM, invites you to a free-to attend half-day ergonomics forum on Tuesday 26th April at the British Consulate in downtown San Francisco.

As part of a series of events hosted by Cardinus, this exciting session will focus on how ergonomics practices need to evolve to meet the demands of the modern office, employee and the way we work in the 21st century.

With interactive talks from some of the world's leading minds on office ergonomics, employee wellness and productivity we will discuss trends and consider how ergonomics will be managed in the future. We will examine how productivity can be influenced through a good ergonomics

approach and discuss the benefits and pitfalls to avoid with the growing Sit/Stand furniture phenomenon.

As a guest of Cardinus and the British consulate you'll experience world renowned English hospitality throughout the event. To finish we hope you will join us for English afternoon tea and an opportunity to sample award winning English sparkling wines.

**Numbers for this exciting event are limited. If you would like to attend please contact Cardinus on (323) 337-9016 or email [events@cardinus.com](mailto:events@cardinus.com).**

## Agenda and Sessions

<b>1.30pm</b>	Arrival, tea and refreshments
<b>2.00pm</b>	Opening address. Are you prepared for the challenges of your future workforce
<b>2.30pm</b>	The Whole Life / Whole Organization Next Gen Approach to Risk Management
<b>3.20pm</b>	Tea and refreshments
<b>3.40pm</b>	How Technology delivers better ergonomics success
<b>4.00pm</b>	A different look at sit/stand workstations. Why everyone should not be standing?
<b>5.00pm</b>	Networking, tea and wine
<b>6.00pm</b>	Close

### Are you prepared for the challenges of your future workforce

#### ■ Jon Abbott

Jon will discuss the findings that show employers will face a tsunami of ergonomics injuries in their graduate and young person workforce.

The use of technology in our school systems coupled with the proliferation in the use of gadgets to support a young person's social development is increasing injury rates in our children. These injuries are occurring as young bodies are developing. The financial cost to employers is likely to be significant. Find out why.

### The whole life / whole organization next gen approach to risk management

#### ■ Anthony Phillips

Anthony's session is based on insights and research from 15 years of international work within organizations, fusing health with HR and creating 3D business transformation.

The approach enables organizations of all types to migrate to a next gen approach to risk management as well as find new ways of sustaining higher employee performance. Anthony's session will help you understand how your organization can progress from personnel management to human resource management to human being management.

This interactive session will engage participants by sharing different insights and making them think about their own organization. Anthony promises you you'll learn at least three vital statistics and lessons which your organization can use to make a real difference to your employees. If not the tea is on him!



# Sessions and Speakers

## A different look at sit/stand workstations. Why everyone should not be standing?

### ■ Paula Lewis

In this case study we will review the results of an observational assessment on how electric sit/stand work stations are used in a 500 person call center.

Over multiple days, people were observed on how they were using their sit/stand work stations. The main focus was around proper posture and correct set up of their work station. In this case study we will discuss whether or not the objective of improving posture and reducing ergonomic risk was achieved through the use of sit/stand workstations.

For any organization using or thinking about investing in this technology this will be an invaluable insight into the sit/stand phenomenon.

### Jon Abbott

*Director, Cardinus LLC*



Jon Abbott has over 20 years' experience of ergonomics, safety and occupational health. Over that period he has worked with a wide variety of organizations in the private

and public sector providing a full range of risk management solutions including software, e-learning and consultancy.

Jon feels passionately about the health and well-being of young people and he believes more must be done to protect the workforce of the future. This drove him to set up Healthy Working MOVE, multi-award winning free ergonomics e-learning for children.

### Anthony Phillips

*MD & Founder of WellKom International*



Anthony has over 30 years of international business experience with blue chip brands in roles encompassing HR; change management; business acquisition / integration;

business improvement and development. He is multi-lingual having lived and worked in many countries.

Anthony holds a top MBA along with a Masters in Hotel Management and an Honours Degree in Economics. He has been a Fellow of the Royal Society of Arts, UK, for a number of years.

Anthony is a pioneer in both wellness and business transformation using the 3 Disciplines (3D) of health, business and HR management into 3D leadership. Anthony has written articles, spoke at many international events and is genuinely passionate about wellness.

### Paula Lewis, M.S., CPE

*Principal Consultant at EORM*



Paula Lewis, Principal Consultant at EORM. Paula is a Board Certified Professional Ergonomist with over 20 years of experience working in the field of safety and environmental compliance. She holds a master's degree in Human Factors Engineering / Ergonomics from San Jose State University and has practical experience conducting quantitative ergonomic risk assessments and developing programs for a variety of clients across a range of industries.

Paula is an accomplished speaker and has presented at several local and National Conferences including the Applied Ergonomics Conference and the National Ergonomics Conference.

