



UC Berkeley School of Public Health COEH-CE

Summer Institute 2016 - 1515 Clay Street, 2nd floor Oakland, CA 94612

ERGONOMICS: THE SCIENCE OF SITTING – JULY 29, 2016

The confusion to sit or stand at work will affect millions of people and cost hundreds of millions of dollars every year. Sales literature offers new products to solve the problem and a research paper may suggest solutions for one environment that do not apply to other work environments. Unfortunately, some of these choices will add considerable cost for the employer and add needless health risk for the worker. The *Science of Sitting* course will specifically address the nature of the health problems to sit or stand, and suggest ergonomics strategies that make sense. The presenters will offer extensive professional experience with ergonomics solutions and present much of the current sit/stand research from medical, ergonomic and business perspectives.

Course Director: John Fitzsimmons

Carisa Harris-Adamson, PT, PhD, CIE:

Research Reports on Physiologic and Musculoskeletal Risks of Sitting
Physiology of Standing at Work - Evidence for stand/walk risks
Research Outcomes for Sit/Stand

Kelly Starrett, DPT:

Wellness Strategies and Ergonomics
Successful outcome measures for success

Ira Janowitz, MPS, CPE:

Effects of different computer work tasks on seated posture
Work effects on relative use of keyboard/mouse
Research on keyboard tray/mouse on symptoms
Keyboard tray/arm - Friend or Foe

John Fitzsimmons, MPT, CIE:

Why measure spine posture in sitting?
Thigh-torso angle, why it doesn't work in the office
Proposed measure for spine posture in sitting
Demo with ergonomic chairs
Why measure postural muscle engagement?
Proposed measure for postural muscle strength
Closing Q&A

Credit : Physicians: The COEH Continuing Educations Program is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The COEH Continuing Education Program takes responsibility for the content, quality and scientific integrity of this CME activity. The COEH Continuing Education Program designates The Science of Sitting for a maximum of 7.0 AMA PRA Category 1 Credits. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education. **Nurses:** The COEH Continuing Education Program is a provider approved by the California Board of Registered Nursing, Provider #12983. Nurses may report 8 contact hours for this course. **Industrial Hygienists:** This event contains 7 hours of instruction and may be eligible for ABIH CM Credit. See ABIH website for CM credit criteria. **Safety Professionals:** This course meets BCSP requirements for 0.5 COC point.

Registration: \$225

<http://tinyurl.com/lhlo2vg>

or call **510.643.7277**