

Psychosocial Ergonomics & Ergonomic Facts & Fiction

WHEN

**October 24, 2017
11:00 am – 1 pm**

WHERE

**OHCOW Windsor Office
3129 Marentette Ave. Unit #1**

Melissa will provide an introduction to psychosocial workplace factors (i.e. job demands, time pressures ect.) that can lead to stress and increase a worker's risk of developing musculoskeletal disorders. Strategies to assess, control and eliminate these will also be discussed.

Brenda will update participants on several topics related to ergonomics in the workplace (ie. Job rotation, stretching programs, the use of exercise balls as seating) and provide the facts versus fiction supported by research evidence.

ERGONOMIC LUNCH & LEARN EVENT

**Presented by:
Melissa Statham, MHK,
CCPE
Brenda Mallat, BHK, CCPE**

COST

**FREE
Includes Lunch**

REGISTRATION

**Limited Spaces
Deadline: Oct. 20, 2017
Contact:
Joanne Husak
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519-973-4800 ext. 2510**