



PIBA Events Committee presents:

2015 PIBA Ergonomics Workshop Identifying Issues and Finding Solutions

Date:	Wednesday, September 30, 2015: 8:30am – 4:15pm Registration begins at 8:00am, Lunch is provided at Noon
Location:	Office Relief Showroom, 516 McCormick Street, San Leandro, CA 94577
Cost:	Registration Rates: PIBA Members - \$80.00 Non-Members - \$155.00 Gov/Edu/NPO - \$125.00 Registration after September 25 th is subject to additional fee; On-Site Registration Fee \$15 Additional.
Registration:	Visit the PIBA Registration Page to register online or to download a form. Please register by September 25, 2015 for the lowest rate. If you have any questions, email piba@piba.org .
CM:	PIBA will provide up to 5 hours of Certification Maintenance (CM) for this event.

Course Description:

Please join PIBA for a 1-day event at which we will cover ergonomic topics of interest to all employers. VSI Consultants and Worksite International Inc. will provide speakers on the following topics:

Ergo products: What, Why, When, and How

This presentation aims at enhancing your ergonomics program. Topics addressed will include evaluating your current program, identifying weaknesses, and setting new goals. We will look at new methods for tracking progress (metrics) to ensure that your program continues to evolve and lend continued productivity and safety advances using current technology. Finally, we'll discuss how to enhance productivity and comfort with the correct products (what, when, and how to use correct products).

Using Metrics to Obtain Positive Outcomes for your Ergonomic Program

Whether hired as a consultant or you are an in-house employee responsible for your ergonomics program, success is important and needs to be measured. This presentation shares the metrics tracking model of two different ergonomics programs. We will highlight specific categories of metrics, explain how to use standard computer programs like Excel and Google Sheets to track and calculate data, and show ways to visually present results to stakeholders or clients.

Overview of Laptop Use Study

A review of a study which utilized EMG, video analysis, and electrogoniometers to examine the effect of laptop tilt angle and distance on posture and muscle activity.

Overview of Peripheral Use Studies

This presentation will discuss several use study outcomes depicting what computer peripherals users actually want to use and why (i.e., standard and alternate keyboards and mice designs).

Chair Fit or Failure

If the computer is the most important tool in the office these days, then the ergonomic office chair is the second most important tool. Together, they help determine your employees' productivity. The importance of seated work can't be ignored, yet many employers fail to recognize the critical link in maximizing employee productivity with a good fitting chair. This presentation will show you how to objectively assess your chairs for quality, competency and fit to determine if they are "Fit for Duty". Alison will introduce you to her proprietary methodology to determine when a chair is at the end of its life cycle and if it should be removed from the office to minimize injury and liability.

Equipment Demonstrations

Paul Blaubach of Office Relief will speak to current ergonomic topics as related to products currently available, and demonstrate a variety of current and new products.

Open Showroom

The Office Relief showroom will be open for interaction and product testing; speakers will be available for questions, and Paul will be available for advice and recommendations. This is a chance to try out some of those products you've been looking at in catalogs!

Who should attend?

Office Managers, Facility and Purchasing Managers and planners; Health & Safety Specialists; Consultants; Risk Managers/Professionals; Chair Vendors, Physical Therapists, Interior Designers, HR Managers, Ergonomic Specialists.

Why should You attend?

For many companies, ergonomic injuries are the major source of injury and illness, which can result in high costs for treatment, lost work time, and other associated costs. We will be looking at current trends, equipment and BMPs.

What Benefits Will Participants Gain?

This information will help you to manage risks associated with ergonomics, create or enhance an ergonomic program and obtain upper management buy-in, discuss approaches in purchasing ergonomic equipment, and share current best practices, as well as an opportunity to see and try featured essential ergonomic equipment.

Our Speakers:

Jeannie Iverson, CEO; Senior Principal Ergonomist, MS HFE, MS OT, CIE, CPE. Ms. Iverson is a Certified Professional Ergonomist (CPE) from the Board of Certification in Professional Ergonomics (BCPE) and has been a practicing ergonomist for over sixteen years receiving her Master's Degree in Human Factors Ergonomic Engineering and an additional Master's Degree in Occupational Therapy from San Jose State University. Her undergraduate degrees include a B.S. in Environmental Science where she specialized in CAL OSHA compliance with regards to mitigation of risk in various work settings specializing in hazardous material substances and is also a certified EMT Level I and CPR/FA/MERT instructor. Other academic coursework completed was in preparation for application towards a Master's degree in physical therapy where she completed all prerequisite coursework towards this alternate goal and more than 5,000 clinical hours working at out-patient and in-patient settings with patient rehabilitation.

Melissa Afterman, CFO; Senior Principal Ergonomist, MS HFE, CPE. Ms. Afterman is a Senior Principal Ergonomist and Project Manager with VSI Consulting. She studied BioResource and Agricultural Engineering and Dance at Cal Poly SLO and earned her Master's degree in Human Factors and Ergonomics Engineering from San Jose State University. Since the turn of the century, Melissa has provided human factors and ergonomics consulting services for small and large companies in office, lab, and industrial environments, including curriculum and program development.

Joyce Kyi, Associate Ergonomist, MS, BS, CIE. Ms. Kyi has been a practicing ergonomist with VSI since 2011 and provides ergonomic program support for the office and laboratory work environments. Ms. Kyi possesses a Master's Degree in Library and Information Science, a B.S. in Exercise Science with a Biomechanics emphasis from UC Davis, and is currently completing a Masters Degree in Human Factors and Ergonomics (HFE) from San Jose State University. In addition, Ms. Kyi holds a certification from Oxford Training Institute as a Certified Associate Ergonomist (CAE) with updated certification status as an Industrial Ergonomist pending upon completion of her Masters in HFE in 2013.

Alison Heller-Ono, President/ CEO of Worksite International, Inc. CPE, CIE, CDA, CPDM, CMC. Ms. Heller-Ono has been a licensed Physical Therapist for 27 years, and is dually-credentialed as a Certified Industrial Ergonomist (CIE) and Certified Professional Ergonomist (CPE) for the last 18 years contributing to her expertise and understanding of ergonomics in the workplace. Her drive and energy is unique in the marketplace having worked hard to validate the Worksite International Ergonomics Process since it was created back in 1994 with her first clients. Ms. Heller-Ono's expertise in the application of ergonomics in workers' compensation and disability management is evident as a Certified Disability Analyst (CDA) and Certified Professional Disability Manager (CPDM) demonstrating her commitment to helping employers with workers who require accommodation so they can stay or return to work safely and productively. As a Certified Management Consultant (CMC), Ms. Heller-Ono is the only PT/Ergonomist/Disability Manager to achieve this pinnacle in the management consulting industry.

Paul Blaubach, Office Relief. When Paul started Office Relief In 1991, he sold only four ergonomic products because that is all that basically existed. Since then, the Ergonomic industry has grown and Paul and his partners have transformed their business into offering the largest selection of ergonomic office products. Located in the Bay Area, Sacramento and Los Angeles, Office Relief is now the "one-stop shop for all your ergonomic needs." Office Relief specializes in providing up-to-date solutions, quick shipments and reliable service. Paul, furthermore, created a cutting-edge website, expanding Office Relief nationwide and allowing users to create their own specific product list to meet their company product and pricing requirements.



Registration Form

2015 PIBA Ergonomics Workshop Identifying Issues and Finding Solutions

Wednesday, September 30, 2015

Pre-Registration Deadline: September 25, 2015

This is required from all attendees - Please type or print, and complete all items.

Email to piba@piba.org, fax to PIBA 408-521-9191, or Mail to PIBA, PO Box 1820, Los Gatos, CA 95031.

Name		
Company		
Address		
City	State	Zip code
E-mail address	Phone	Fax
Credit Card Number - Visa MasterCard Amex Discover (please circle one)		Credit card expiration date
Credit card billing address, if different from company address		
Signature (your signature authorizes PIBA to process your credit card and <i>indicates you have read the text below – this is required regardless of membership for credit card processing</i>)		

Full Event Pre-Registration: Form must be received by September 25, 2015:

Member \$80.00 Non-Member \$155.00 Education/Non-Profit/Government \$125.00

Full Event On-Site Registration: Form received after September 25, 2015:

Member \$95.00 Non-Member \$170.00 Education/Non-Profit/Government \$140.00

PIBA accepts Visa, Master Card, American Express and Discover credit cards, money orders or checks (made out to PIBA). Cancellations will be refunded up to 5 business days prior to the pre-registration deadline. There is a \$25.00 service charge on cancellations for this event.

Please register early for your maximum value!