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www.ErgoExpo.com | 1-800-727-1227
Keynote Wednesday, Nov. 16 | 9:45 - 11 a.m.
How I Improved My Health and How Your Workforce Can Too

James Levine, MD, PhD
Professor of Medicine, Mayo Clinic

Hear the engaging story of the man who coined the phrase: “Sitting is the new smoking.” Dr. Levine will take you through his battle to get healthier and lose weight by not sitting all day. He’ll discuss the dangers of the chairs from which we sit, work and shop as we slouch from bed to car seat, to work seat, to sofa. The cost is too great. For every hour we sit, two hours of our lives walk away — lost forever. You’ll discover how to escape your chair sentence, and leave with great new ideas for incorporating activity and standing into your workday.

Keynote Thursday, Nov. 17 | 8:30 - 9:45 a.m.
RULA, REBA and Ergonomics

Dr. Lynn McAtamney
Ergonomist, CPE, ATUNE

In many ways, ergonomists are detectives, applying scientific assessment tools to complex human interactions within the person’s work environment to reveal the causes and solutions to problems. Assessment tools such as the Rapid Upper Limb Assessment (RULA) and the Rapid Entire Body Assessment (REBA) were developed to enable risk assessments of the posture, force and movements occurring. However, there’s more to consider beyond the physical work, such as the interaction of employees’ skills and needs, what they do, and the environment in which they work. Journey through and beyond the application of ergonomic assessment tools to get a more accurate risk assessment, straight from Dr. McAtamney, internationally recognized co-author of RULA and REBA.

Closing General Session Friday, Nov. 18 | 11 a.m. - 12 p.m.
Key Conference Takeaways and Future Opportunities

With 60 sessions and workshops, it’s impossible for you to attend them all, so we’ve got you covered! Dr. Hedge and a panel of experts will wrap up this year’s conference by reinforcing the key lessons and most important points. You’ll leave with a more complete “how-to” plan to implement when you return to your workplace — an excellent way to top off your ErgoExpo experience!

Program Chair

Alan Hedge, PhD, CPE, CERgHF
Professor of Ergonomics, Cornell University

Program Co-Chairs

David Brodie, MS, CPE
Corporate Ergonomist, Cargill, Inc.

Rachel Michael, CPE, CHSP
Ergonomics Thought Leadership, Aon Risk Solutions

Conference Highlights (cont’d)

Saving $125.00 when you register by Oct. 27!
### Agenda-at-a-Glance (see pages 6 - 24 for workshop & session details)

#### Tuesday, Nov. 15 (Register for a Premium Pass to attend these half-day workshops.)

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<tr>
<th>Time</th>
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<tr>
<td>8 - 9 a.m.</td>
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| 9 - 11:30 a.m. | - WS1 Drive Your Office Ergonomics Program  
- WS2 Anatomy for Ergonomists  
- WS3 Advanced Data Collection and Wearable Technology  
- WS4 Industrial Ergonomics 101: Find It, Fix It, Check for Success  
- WS5 Reducing Manual Materials Handling Injuries: A Prerequisite for World-Class Safety |
| 11:30 a.m. - 1:15 p.m. | Lunch on Your Own  
- WS6 From RULA to REBA to Resilience: An Ergonomic Journey  
- WS7 The Aging Worker: Ergonomics and Wellness Interventions for Maximizing Productivity  
- WS8 Ergonomic Product Performance Specifications: Selecting the Best Equipment  
- WS9 Industrial Ergonomics 201: The Job Improvement Process  
- WS10 Fitting the Job to Advance Worker Well-Being |
| 1:15 - 3:45 p.m. | Opening Keynote | Ergonomics and Workers’ Comp Challenges in a Changing Workplace  
Woody Dwyer, MS, CPE, 2nd Vice President – Workers’ Compensation, Travelers |
| 3 - 7 p.m. | Opening Night Reception in Expo  
Sponsored by: ergoGENESIS |
| 7 - 9 p.m. | Refreshment Break |

#### Wednesday, Nov. 16

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<td>7:30 - 8:30 a.m.</td>
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- PM1 Successfully Managing a Global Ergonomics Program  
- OF1 Using Body Postures to Adjust Office Workstations  
- IW1 Legal Considerations of Pre-Work Screening  
- IA1 Ergonomics Data — More Than Just Numbers  
- EE1 Boost Engagement for Your Safety and Ergonomics Programs |
| 9:30 - 10:30 a.m. | Refreshment Break  
Sponsored by: PowerPulsar |
| 9:45 - 11 a.m. | Keynote | How I Improved My Health and How Your Workforce Can Too  
James Levine, MD, PhD, Professor of Medicine, Mayo Clinic |
| 11 a.m. - 4 p.m. | Expo Open |
| 12 - 1 p.m. | Networking Lunch in Expo  
Sponsored by: Microsoft |
| 1 - 2 p.m. |  
- PM2 The Progression of Wells Fargo’s Office Ergonomics Process  
- OF2 Large Touchscreens: Are They the Magic Bullet?  
- IW2 Extreme Ergonomics as a Return-to-Work or Stay-at-Work Tool  
- IA2 Human Vibration Monitoring and Control  
- EE2 Safe Patient Handling and Mobility Program Implementation |
| 2 - 2:15 p.m. | Refreshment Break  
Sponsored by: eufotech |
| 2:15 - 3:15 p.m. |  
- PM3 Launching a Successful Ergonomics Initiative Across Multiple Facilities  
- OF3 The Confusing World of Ergonomic Chairs  
- IW3 Transform Ergonomics With Innovative Assessment Screening  
- IA3 Practical Solutions for Common Manual Materials Handling Risks  
| 3:15 - 4 p.m. | Refreshment Break & Door Prizes in Expo  
Sponsored by: AliMed |
| 4 - 5 p.m. |  
- PM4 Program Auditing: Using Metrics to Drive Success  
- OF4 Designing for the Office of Tomorrow  
- IW4 Innovation, Intervention and Impact: Best Practices in Ergo Task Analysis  
- IA4 Lower Extremity Ergonomics: Mats, Insoles and More  
- EE4 The Magic of Competition: Bringing Out the Best in Ergonomic Teams |
| 4:15 - 5:15 p.m. | Refreshment Break |

#### Thursday, Nov. 17

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- Attendees' Choice Awards winners announced  
Keynote | RULA, REBA and Ergonomics  
Lynn McAtamney, PhD, CPE, Physiotherapist, ATUNE Ergonomics |
| 9:45 - 11:15 a.m. | Refreshment Break  
Sponsored by: Atlas |
| 10:45 - 11:45 a.m. |  
- PM5 Cream of the Crop: Implementing a Proactive Ergonomics System  
- OF5 My Chair Is Plotting to Kill Me  
- IW5 Fit-for-Duty Testing Programs: Overcoming the Legal Hurdles  
- IA5 Risk Factors, Risk Assessments and Your Ergonomics Program  
- EE5 Ergonomics for Women: Gender-Specific Design Implications and Behavior Change Systems |
| 12 - 1 p.m. | Networking Lunch in Expo |
| 1:45 - 2:45 p.m. |  
- PM6 Benchmarking Your Ergonomics Program  
- OF6 Neutral or Awkward: The Many Postures of the Modern Office  
- IW6 Mitigate the Top Reasons for MSDs in a Manufacturing Workplace  
- IA6 Maximizing Your Ergonomics and Safety Program With Lean Concepts  
- EE6 Ergonomics and Millennials |
| 2:45 - 3:45 p.m. | Refreshment Break |
| 3 - 4 p.m. |  
- PM7 Establishing an Effective Ergonomics Program  
- OF7 Digital Eyestrain in the Workplace: A Sight for Sore Eyes  
- IW7 Ergonomics Incident Investigations: Methods and Tools to Improve Outcomes  
- IA7 Prevention Through Design: An Ergonomics Business Case  
- EE7 Dyslexia: What Ergonomists Need to Know |
| 4:15 - 5:15 p.m. | Refreshment Break |
| 5:30 - 6:30 p.m. | Keynote | RULA, REBA and Ergonomics  
Lynn McAtamney, PhD, CPE, Physiotherapist, ATUNE Ergonomics |
| 8:30 - 9:30 a.m. |  
- PM9 Applying ISO 45001 to Manage Your Workplace Ergonomics Program  
- OF9 Telehealth Ergonomics Assessments Link Remote Sites With Trained Professionals  
- IW9 Metrics Development: Case Studies Showing a Multi-Faceted Approach  
- IA9 How Many Is Too Many? Workload Analysis and Controls  
- EE9 Cognitive Ergonomics: The Antidote to Information Overload |
| 9:45 - 10:45 a.m. |  
- PM10 Johnson & Johnson: A National Office Ergonomics Case Study  
- OF10 5 Keys to Successful Ergonomics Outcomes  
- IW10 Reducing Injury Risk for Field Service Technicians  
- IA10 Slips, Trips and Falls: The Integrated Solution  
- EE10 Ergonomics and Wellness in Labs: Improving and Sustaining Worker Performance |
| 11 a.m. - 12 p.m. | Closing General Session | Key Conference Takeaways and Future Opportunities  
Bonus Session | The Road to BCPE Certification |

#### Friday, Nov. 18

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| 11 a.m. - 12 p.m. | Closing General Session | Key Conference Takeaways and Future Opportunities  
Bonus Session | The Road to BCPE Certification |
Workshops Workshops

Choose a Premium Pass to attend 2 half-day workshops for only $150 — a $495.00 value!

73% of last year’s attendees did!

Workshops give you an in-depth look into two topics of your choice. Whether you’re new to ergonomics or a seasoned expert looking to study a specialized area, there are workshops for you!

Tuesday, Nov. 15 | 9 - 11:30 a.m.

Drive Your Office Ergonomics Program

INTERMEDIATE

Mike Hoonhorst, Senior Consultant, Humantech

Implementing a sustainable program may seem daunting, but it doesn’t have to be. Research shows 95% of people are able to fix their own workspace if trained in ergonomics principles and if given the right tools. Engaging employees to participate increases buy-in from management, which is often the key factor in ensuring success. Mr. Hoonhorst will teach you how to effectively and systematically manage an office ergonomics program and what it takes to drive a program to success.

Workshop takeaways

- Design, implement and sustain an effective ergonomics process
- Explain how ergonomics training styles can promote or discourage learning
- Develop strategies to engage employees in the process

Anatomy for Ergonomists

BASIC

Dr. Mark Vettraino, Director, Task Group International

Dr. Vettraino will start out with a basic anatomy and physiology class that will provide the foundation of a solid ergonomics program. He’ll help you understand discomfort, and outline a three-level, proven methodology which will enable you to move from “reactive” to “proactive” with less time and effort. You’ll hear case studies from Fortune 500 companies to demonstrate a simple format of evaluation, documentation, reporting and recommendations, which include working with doctors’ notes and problematic cases.

Workshop takeaways

- Identify ergonomic issues in the infantile stage
- Provide examples on how to mitigate risk while spending little or no money
- Create a simple formal document and follow up with cases

Advanced Data Collection and Wearable Technology

ADVANCED

Rachel Michael, CPE, CHSP, Ergonomics Thought Leadership, Aon Risk Solutions

The wearable device market is booming, and the latest technology is allowing us to collect more real-time data on worker conditions. Ms. Michael will discuss how to use data gathered from wearable EMG, force and goniometry collection. You’ll walk through case studies and learn the important steps for collecting and using data to make future design decisions.

Workshop takeaways

- Describe the current status of wearable technology data collection
- Identify available guidelines for comparison after data collection
- Determine issues to consider when gathering data from wearable technology

Industrial Ergonomics 101: Find It, Fix It, Check for Success

BASIC

Jeff Sanford, Director of Consulting, Humantech

Learn the tools needed to kick-start your ergonomics process! Industrial work environments vary — from repetitive assembly environments, to non-standard field services and distribution centers. You’ll hear how to use qualitative tools to evaluate all of these work areas and to design simple changes to maintain a healthy workforce. And, you’ll learn how to use the “Find It, Fix It, Check for Success” approach to identify problematic job tasks.

Workshop takeaways

- Learn how ergonomics impact businesses and organizations
- Know how primary risk factors contribute to work-related musculoskeletal disorders
- Develop strategies to fix specific ergonomic issues

Reducing Manual Materials Handling Injuries: A Prerequisite for World-Class Safety

INTERMEDIATE

Tim McGlothlin, MS, CPE, Executive Director, The Ergonomics Center, North Carolina State University

Heather White, MIE, CPE, Senior Ergonomist, The Ergonomics Center, North Carolina State University

Lifting. Pushing. Pulling. Holding. Carrying. Each of these manual materials handling tasks could lead to overexertion, which is a leading cause of disabling injuries at work — accounting for nearly a quarter of all injuries. Before a company can be truly world-class, it must identify and reduce this MMH challenge. Mr. McGlothlin and Ms. White will explain how to evaluate the effectiveness of potential solutions prior to implementation. You’ll leave with instructional manuals and basic software.

Workshop takeaways

- Identify the risk factors and biomechanics that contribute to MMH injuries
- Use NIOSH and Liberty Mutual guidelines to evaluate and reduce risk factors
- Apply engineering and administrative controls to reduce the potential of MMH injuries

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Workshops (cont’d)

From RULA to REBA to Resilience: An Ergonomic Journey  WS6
ADVANCED
Dr. Lynn McAtamney, Ergonomist, CPE, ATUNE
Are you already familiar with Rapid Upper Limb Disorders Assessment (RULA) and Rapid Entire Body Assessment (REBA) tools? If so, this workshop is for you. Dr. McAtamney will explore how a practitioner assesses other non-physical risks that are present and how they influence health behavior changes in the workplace. You’ll take a close look at evaluations of psychosocial and mental health risk factors.

Workshop takeaways
- Maintain sensitivity and confidentiality in the workplace
- Identify tools beyond RULA and REBA that can assist in broader ergonomic profiling
- Evaluate risk factors that impact worker resilience

The Aging Worker: Ergonomics and Wellness Interventions for Maximizing Productivity  WS7
ALL LEVELS
Richard Bunch, CEO, WorkSaver Systems
Current studies concur: There are many benefits to hiring and maintaining experienced, older workers. However, physiological changes related to aging can contribute to both higher medical payments per claim and fatality rates. Mr. Bunch will share methods of training and stress reduction that have resulted in improved mental performance and reduced errors. You’ll leave with strategies for matching the physical capacities of the older worker to the job, and reducing the risk of injury and illness among the aging workforce.

Workshop takeaways
- Identify physiological changes that occur with age
- Provide accommodations for common age-related illnesses
- Recognize wellness interventions that improve cognitive function, balance, reaction times, strength, endurance and flexibility

Ergonomic Product Performance Specifications: Selecting the Best Equipment  WS8
ALL LEVELS
Kevin Costello, CPE, President, United States Ergonomics
Ensure your tools are appropriate for the job before you introduce them to the workplace. You’ll learn practical methods for assessing equipment, as well as how to apply ergonomic performance specifications to quantify and compare products. Mr. Costello will also review human performance thresholds and biometric principles and lead a discussion on case studies involving a range of industrial and non-industrial tools and equipment.

Workshop takeaways
- Identify appropriate performance needs for your workplace
- Develop ergonomic purchasing processes and specifications
- Recognize what to ask your vendors when considering new products

Who should attend ErgoExpo?

Professionals in all industries with titles of:
- Corporate/Executive Management
- Design Engineer
- Ergonomist
- Facility Manager
- Human Resources Professional
- Occupational Health Nurse
- Occupational Therapist
- Operations/Administrative Management
- Physical Therapist
- Risk Managers
- Safety Engineer
- Safety Manager
- Safety Professional

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Successfully Managing a Global Ergonomics Program  PM1
INTERMEDIATE
Wednesday, Nov. 16 | 8:30 - 9:30 a.m.
Raymond Higgs, Regional HS&E Manager, ZF TRW
Deepshe Desai, Director of Consulting, HumanTech

ZF TRW, a primary developer of automotive safety systems and services, has facilities in more than 20 countries, including 22 technical centers and 13 test tracks. With that footprint, not only are there challenges to effectively and consistently roll out an ergonomics process but also to sustain and enhance it over time. Mr. Higgs will share experiences, lessons learned and key components to successfully implement, enhance and manage a global ergonomics program. You’ll learn how to engage leadership, and use the best methods and tools to develop an enterprise-wide ergonomics infrastructure.

The Progression of Wells Fargo’s Office Ergonomics Process  PM2
BASIC
Wednesday, Nov. 16 | 1 - 2 p.m.
LaQuanda Jones, Loss Prevention Specialist, Wells Fargo

Implementing a sustainable office ergonomics process is especially challenging for a company as large and geographically dispersed as Wells Fargo, with more than 280,000 team members in over 9,000 locations. Ms. Jones will take you through the organization’s tiered approach, which is based upon the risk and needs of the work associate. You’ll leave with ideas to address the ergonomic challenges of a rapidly changing workplace, whether it’s hoteling or sit/stand stations.

Launching a Successful Ergonomics Initiative Across Multiple Facilities  PM3
INTERMEDIATE
Wednesday, Nov. 16 | 2:15 - 3:15 p.m.
David Wein, Director, Corporate Safety & Ergonomics, Oshkosh

Oshkosh implemented its ergonomics program several years ago and has since seen a dramatic reduction in musculoskeletal and soft tissue injuries. Along the way, it identified the key principles to successfully implementing an ergonomics program. See how Oshkosh got employees actively engaged in ergonomic improvements, process and manufacturing engineers driving ergo improvements in their areas, and safety/ergo professionals participating in design reviews during new product development. Mr. Wein will share the tools you need to start or strengthen your organization’s ergonomics initiatives.

Program Auditing: Using Metrics to Drive Success  PM4
INTERMEDIATE
Wednesday, Nov. 16 | 4 - 5 p.m.
Moon Mukkar-Poysay, Corporate Ergonomist, Cargill, Inc.

If you do not measure it, it will not be done. If you measure it correctly, it will be done well. This is the philosophy Cargill, Inc. used to develop an auditing process for its ergonomics program. Ms. Mukkar-Poysay will walk you through the evolution of Cargill’s program and the positive effects it has had company-wide. You’ll discover the process, tools and metrics you can use to drive success in your organization.

Cream of the Crop: Implementing a Proactive Ergonomics System  PM5
BASIC
Thursday, Nov. 17 | 10:45 - 11:45 a.m.
Vicki Froman, Workers’ Compensation Manager, Rich Products

Hear how Rich Products, a leading supplier and solutions provider to foodservice, in-store bakery and retail marketplaces, improved ergonomics at its North American facilities. The new proactive, sustainable ergonomics system focuses on ergonomic risk assessment, measuring the physical demands of tasks and identifying essential functions of jobs to be used for ADA-compliant job descriptions. Ms. Froman will explain how Rich’s 90-day pilot program, which was later implemented company-wide, set out to increase the organization’s focus and knowledge of ergonomics.

Benchmarking Your Ergonomics Program  PM6
INTERMEDIATE
Thursday, Nov. 17 | 1:45 - 2:45 p.m.
Scott Smith, Director of Ergonomics, Global Risk Consulting, Aon

Do you have a world-class ergonomics program? This is a tough question to answer — unless you have the right benchmark. You’ll learn why benchmarking your ergonomics program is an important step in its growth, and realize the potential return on investment when you move toward world class. Mr. Smith will discuss the state of ergonomics programs giving you key insights on the metrics companies use to measure success and how these metrics improve program effectiveness from both a tactical and strategic perspective.

Establishing an Effective Ergonomics Program  PM7
BASIC
Thursday, Nov. 17 | 3 - 4 p.m.
Brian Farnes, Safety Supervisor, Nintendo of America

Learn how Nintendo of America has developed and grown its in-house ergonomics program to effectively address sprain/strain and musculoskeletal injuries across all areas of the organization, including office, warehousing and production environments. You’ll receive an overview of the tools and resources Nintendo uses, with guidance on how to tailor them for your organization.

Find out what’s working at these top employers:
- Cargill, Inc.
- Cummins, Inc.
- Liberty Mutual
- Nintendo of America
- OshKosh
- Pacific Gas & Electric Co.
- Wells Fargo
- And dozens more!
Cargill's Continuous Improvement in Injury Prevention PM8
INTERMEDIATE Thursday, Nov. 17 | 4:15 - 5:15 p.m.

Will Brodie, MS, CPE, Corporate Ergonomist, Cargill, Inc.

Over the years, Cargill Meat Solutions has continuously sought to improve its ergonomic process. Recently, it took those efforts to a higher, more proactive level. Mr. Brodie will explain how Cargill used Six Sigma and Usability methodologies to determine the validity of internally developed risk assessment tools, and optimize the web-based software system that is the backbone of program data and analysis.

Session takeaways
- Reduce data collection and input time
- Improve human-computer interaction of the web-based software system
- Accurately predict the likelihood of a musculoskeletal disorder
- Recognize and avoid challenges implementing and sustaining your management system

Applying ISO 45001 to Manage Your Workplace Ergonomics Program PM9
INTERMEDIATE Friday, Nov. 18 | 8:30 - 9:30 a.m.

James Mallon, Executive Vice President, Humantech
Walt Rostykus, Principal Consultant, Humantech

Most ergonomics programs are modeled after common business processes. The new ISO 45001 safety management system standard, to be published this fall, provides another excellent model for improving your ergonomics process. Mr. Mallon and Mr. Rostykus will provide real industry applications and examples to show how the key elements of an ergonomics improvement process align with ISO 45001. You’ll hear the dos and don’ts already learned by other organizations leading the way.

Session takeaways
- Evaluate and align your ergonomics program to ISO 45001
- Identify techniques and tips for effective implementation
- Recognize the value and return of implementing different ergonomics training methods
- Recognize the requirements for a task chair to have an ergonomic design

Johnson & Johnson: A National Office Ergonomics Case Study PM10
BASIC Friday, Nov. 18 | 9:45 - 10:45 a.m.

Will Muiru, EHS&S and Ergonomics Manager, Johnson & Johnson
Ron Marquez, Business Development Manager, Briotix

To deliver such a broad coverage of widely respected brands, Johnson & Johnson maintains facilities in several states. Through a continuous improvement process, J&J has identified technology tools and processes that allow its teams to proactively identify and support employees. Learn how J&J uses a combination of resources from Environmental Health and Safety, and Global Health Services, has been able to reduce risk and increase productivity of its national workforce and how you can too.

Session takeaways
- Identify and test technology tools
- Develop a workflow for involving multiple stakeholders
- Communicate plans for employee adoption and engagement

“ErgoExpo is a great way to keep up-to-date with products as well as get the latest guidance on ergonomic changes and recommendations. Earning credits towards certifications is a bonus!”

Jena Loza, Ergo Lead, Intel Corporation

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Office Ergonomics
(cont’d)

My Chair Is Plotting to Kill Me  OF5
BASIC
Thursday, Nov. 17 | 10:45 - 11:45 a.m.
Emma Christensen, Corporate Ergonomist, WorksafeBC
Gina Vahlas, Ergonomist, WorksafeBC
You’ve probably heard that prolonged sitting is a killer, but what’s the solution? Stand all day? Throw a bunch of money into height-adjustable furniture? Come find out what exactly makes sitting so dangerous, and what you can do to reduce the risks. Ms. Christensen and Ms. Vahlas will review how to set up a workstation to minimize risk factors, and share user-friendly tips to implement changes at your own workplace. You’ll learn how to choose the right height-adjustable workstation, prioritize who needs one and control costs.

Session takeaways
- Identify the pros and cons of sitting and standing
- Explain how employees can incorporate more movement into their day
- Think creatively to achieve a healthy posture that suits each unique work style

Neutral or Awkward:
The Many Postures of the Modern Office  OF6
BASIC
Thursday, Nov. 17 | 1:45 - 2:45 p.m.
David Hodge, Ergonomics Specialist, M-erg
Thomas Rowell, Ergonomics Specialist, M-erg
Mr. Hodge and Mr. Rowell will examine the many variations of postures found in today’s office work environment, beginning with the neutral posture, a sound starting point for building an enterprise ergonomics program. You’ll gain answers to these questions: Should employees be required to stay in neutral posture? What is the impact of staying in problematic postures? How can employees be encouraged to move more often? What is the benefit of movement versus static posture? What should the goal be for employees and their posture? How do we help employees easily meet those goals?

Session takeaways
- Demonstrate how neutral posture can be used in sitting, standing and leaning while working at a variety of computer work stations
- Incorporate neutral posture into the typical office environment
- Identify common causes of problem postures and offer simple solutions to encourage neutral posture

Digital Eyestrain in the Workplace: A Sight for Sore Eyes  OF7
BASIC
Thursday, Nov. 17 | 3 - 4 p.m.
Jeffrey Anshel, Founder, Corporate Vision Consulting
Viewing digital images is a way of life these days. But how does it differ from looking at printed text? Are we risking eye health and visual stress issues in our employees? Surveys show that up to 88% of those working with computers cite eyestrain as their top complaint. Mr. Anshel will explain how to assess the visual needs of your computer-using employees, and provide them with computer lenses and environmental recommendations.

Session takeaways
- Discuss how the visual system functions in the workplace
- Detect workplace conditions that can lead to potential eyestrain
- Set up office workspaces to minimize eyestrain and improve employee productivity

Telehealth Ergonomics Assessments Link Remote Sites With Trained Professionals  OF9
ADVANCED
Friday, Nov. 18 | 8:30 - 9:30 a.m.
Linda Miller, President, EWI Works
Catherine Smallman, Senior Ergonomist, EWI Works
Telehealth ergonomics assessments hold great potential to improve service delivery in rural and remote settings. Ms. Miller and Ms. Smallman will discuss the importance of live real-time video conferencing to improve communication, attain key assessment information and demonstrate ergonomic adjustments. They’ll also discuss key considerations, such as bandwidth and hardware capabilities. You’ll leave with communication strategies to improve rapport, maintain employee confidentiality and reduce anxiety around telehealth ergonomics assessments.

Session takeaways
- Develop a successful approach to delivering telehealth assessments
- Provide a cost-benefits analysis for the delivery of telehealth assessments for rural or remote settings
- Create a checklist that prepares both the client and ergonomist for the telehealth assessment

The Future of Sit/Stand  OF8
INTERMEDIATE
Thursday, Nov. 17 | 4:15 - 5:15 p.m.
Rick Spencer, Head of Prevention and Optimization, Briotix
Most employees have heard the warnings about prolonged sitting. Organizations have responded in different ways. Some limit solutions to those with physician notes, while other organizations offer height adjustable workstations to all. Although the data on reduced facility expenses with height adjustable workstations is well-documented, we’re still waiting for evidence on the health impacts on employees. And we’re still waiting for data that proves employees change their behavior when provided the option to change their posture. Join Mr. Spencer as he explores the past, present and future of the sit/stand movement.

Session takeaways
- Review data on sedentary lifestyles and how it impacts corporate messaging
- Discuss protocols that move beyond a requirement of medical notes
- Identify technology and wearable trends and discuss how they impact sit/stand adoption

5 Keys to Successful Ergonomics Outcomes  OF10
INTERMEDIATE
Friday, Nov. 18 | 9:45 - 10:45 a.m.
Kathryn Meeks, Founder and Owner, Optimizing Motion
Suzanne Patenaude, President, Patenaude & Associates, Inc.
As providers of on-site physical therapy who strive for quick resolution and minimal lost time, Ms. Meeks and Ms. Patenaude know the risks of failing to quickly identify the ergonomic injury source. Based on their experiences, they have identified the six common causes of ergonomic injuries which accounted for 95% of their case load. Soon their customers recognized the recurring common signs, symptoms and solutions, and began to request training to reduce injury rates. Hear what they learned along the way, which you can use to boost your own ergonomics programs.

Session takeaways
- Identify five tools that lead to successful outcomes
- Determine fundamental solutions to ergonomic challenges
- Apply ergonomic principles to resolve common discomforts

“ErgoExpo provides a comprehensive overview of what’s new in ergonomics.”
Evelyn Parks, Director EHS, The Wonderful Company
Industrial Ergonomics: Pre-Work & Return-to-Work Strategies

Legal Considerations of Pre-Work Screening  IW1
INTERMEDIATE  Wednesday, Nov. 16 | 8:30 - 9:30 a.m.
Drew Bossen, Executive Vice President, Atlas Injury Prevention Solutions
Albert Lee, Employment and Labor Law Attorney, Tucker Arensberg, P.C.
Mary Kate Teske, Director of Human Resources, Prompt Ambulance Service

Organizations are increasingly using pre-work screen processes to verify that prospective hires have the physical ability to perform the job. Mr. Bossen, Mr. Lee and Ms. Teske will identify the issues you should be aware of when considering, designing, testing and implementing a pre-work screen and/or a return-to-work screen process. Case studies will demonstrate the importance of understanding the legal risks, and illustrate real-world positive outcomes and consequences. You’ll leave with a working knowledge of the screening process and how to consider implementing one within your organization.

Session takeaways
- Explain how the law differs on pre-offer and post-offer pre-work screens
- Discuss legal risk factors in developing and implementing pre-work screens
- Reduce legal risks associated with selection, reliability, validity and disparate impact

Extreme Ergonomics as a Return-to-Work or Stay-at-Work Tool  IW2
INTERMEDIATE  Wednesday, Nov. 16 | 1 - 2 p.m.
Ian Chong, MS, CPE, Extreme Ergonomics Inc.

Ergonomics is an underused tool for addressing and closing difficult or severe injury cases, or disability management/return-to-work scenarios. With real-case examples, out-of-the-box thinking and logical methods, Mr. Chong will illustrate extreme ergonomics applications to specific return-to-work issues for industry workers, police officers, construction workers, materials handlers, utility workers and others.

Session takeaways
- Use high-level ergonomic solutions to manage disability, address injuries and return employees to work
- Develop a logical approach to implement ergonomics in a wide array of scenarios
- Discuss the impact ergonomics can have on challenging RTW cases

Transform Ergonomics With Innovative Assessment Screening  IW3
BASIC  Wednesday, Nov. 16 | 2:15 - 3:15 p.m.
Michael Gee, Owner, PRO FIT Ergonomic Solutions Inc.

Ergonomic risk factors have long been blamed for WMSDs. Regardless of attempts to reduce awkward postures, excessive forces and repetitive motions, many employees still suffer from some level of discomfort or pain, particularly in industrial workplaces. Mr. Gee will discuss the gaps in information obtained from traditional ergonomic assessments and provide a detailed description of human function and biomechanics. Plus, he’ll instruct you on how to assess function movement in your employees using an innovative assessment model.

Session takeaways
- Identify the true causations for most WMSDs
- Apply the objective functional assessment screen and the corrective strategies
- Create self-assessment approaches that can be delivered company-wide

Innovation, Intervention and Impact: Best Practices in Ergo Task Analysis  IW4
INTERMEDIATE  Wednesday, Nov. 16 | 4 - 5 p.m.
Kari Herndon, Clinical Specialist, BTE Workforce Solutions
Robert Lisson, Vice President, Employer Services, On Site Therapy, LLC

Safe work is critical to reducing OSHA recordables and injury costs. Evaluating how the job is performed and understanding the ergonomic risk factors in tasks is a component of every good ergonomic analysis. But how do you quantify the success of your analysis? How can jobs be improved from a safe work performance view and still meet production requirements? Enter MODAPTS, otherwise known as MODular Arrangement of Pre-determined Time Standards. Ms. Herndon and Mr. Lisson will explain how to integrate MODAPTS with your ergonomic task analysis. You’ll leave with the ability to use this world-recognized system for measuring production.

Session takeaways
- Define the objective of MODAPTS
- Identify emerging best practices in work task analysis
- Understand the value of objective task measurement and MODAPTS applications

Fit-for-Duty Testing Programs: Overcoming the Legal Hurdles  IW5
INTERMEDIATE  Thursday, Nov. 17 | 10:45 - 11:45 a.m.
Richard Bunch, PhD, CEO, WorkSaver Systems

Disability. Health information privacy. Leave entitlement. Compliance with these regulations has led to misconceptions that fit-for-duty tests for new hires and return-to-work cases create insurmountable legal hurdles. Nothing can be further from the truth. Relying on his vast experience with the design and administration of FFD programs, Dr. Bunch will present the specific methodologies that are needed to ensure that a fit-for-duty program is both highly effective and in full compliance with employment and health privacy laws.

Session takeaways
- Recognize proper timing and method of obtaining medical and disability information
- Create an effective and legally compliant FFD program
- Explain the interactive accommodation review process and related role of ergonomics

Mitigate the Top Reasons for MSDs in a Manufacturing Workplace  IW6
BASIC  Thursday, Nov. 17 | 1:45 - 2:45 p.m.
Kathryn Meeks, Founder and Owner, Optimizing Motion
Suzanne Patenaude, President, Patenaude & Associates, Inc.

What do you have when six recurring injuries account for approximately 95% of a facility’s case load? An opportunity. And, when you have management support, you have an immediate opportunity! Ms. Meeks and Ms. Patenaude will review a case study from a manufacturing facility where a training-based solution was used successfully to rapidly drive down injury rates. From observations, solutions and outcome measurements, you’ll learn about six common work practice causes for ergonomic injury and strategies to limit them.

Session takeaways
- Identify six of the most common work practice risk factors
- Develop unique tracking options
- Apply optimized motion to bridge engineering and ergonomic solutions

“ErgoExpo exceeded my expectations with highly educational sessions focusing on current and forward-thinking topics to help with current issues and to help prevent future ergonomic injuries!”
Kim Mercer, Occupational Safety Engineer, Lockheed Martin

Save $125.00 when you register by Oct. 27!
Ergonomics Incident Investigations: IW7
Methods and Tools to Improve Outcomes
INTERMEDIATE
Thursday, Nov. 17 | 3 - 4 p.m.
Jessica Ellison, CPE, Principal Consultant, BSI EHS Services and Solutions

Lean planning can influence change within an organization to reduce ergonomics injuries resulting from manual materials handling tasks. Find out about all the Lean techniques, tools and diagrams you can employ to drive improvement and conduct incident investigations. Ms. Ellison will demonstrate how to apply Lean thinking to common ergonomics problems.

Session takeaways
- Write a defined problem statement with examples
- Explain your current state with Lean tools and diagram types
- Conduct a root cause analysis, and develop and track action plans

Early Invention Programs: IW8
Knowing and Understanding the Boundaries
INTERMEDIATE
Thursday, Nov. 17 | 4:15 - 5:15 p.m.
Drew Bossen, Executive Vice President, Atlas Injury Prevention Solutions
Curt DeWeese, PT, COO, DSI Work Solutions
Scott Ege, PT, MS, President, Ege WorkSmart Solutions, PC

At last year’s conference, these panelists provided a robust presentation on a then-recent meeting and dialogue with OSHA regarding early intervention/injury triage programs. The OSHA dialogue continues with recent Letters of Interpretation offering further clarity for organizations to understand, consider and potentially implement these programs. You’ll hear their real-world experiences, including their victories and challenges.

Session takeaways
- Compare the traditional limitations of first aid and interventional care
- Discuss the who, what and where of exercise in the workplace
- Explain how soft tissue mobilization can be deployed under the umbrella of first aid to reduce recordable injuries

Metrics Development: Case Studies Showing IW9
a Multi-Faceted Approach
INTERMEDIATE
Friday, Nov. 18 | 8:30 - 9:30 a.m.
Keith Osborne, Ergonomist, Seattle City Light

See how leading and lagging indicator tracking is key to metric development and continued process improvement. Through two case studies from Honeywell Technology Solutions Inc. and Seattle City Light, you’ll hear how using a multi-faceted combination of online assessment tools, one-on-one assessments and targeted training helped cut injury rates, increase productivity and reduce potential injury claims.

Session takeaways
- Explain how leading and lagging indicators impact the ergonomics process
- Build buy-in and management support to further your ergonomics program
- Integrate ergonomics and wellness to improve worker performance

Reducing Injury Risk for Field Service Technicians IW10
BASIC
Friday, Nov. 18 | 9:45 - 10:45 a.m.
Stephan Jones, Global SHE Program Manager, Ecolab Equipment Care, Nalco, An Ecolab Company

The majority of work performed by Ecolab’s field technicians is in customer locations where there is little or no opportunity to change the work environment or implement engineering controls. Hear about Ecolab’s comprehensive strategy to reduce the risk and prevalence of MSDs specific to field service work and the results achieved. Come ready to move — you’ll actually experience the principles incorporated into Ecolab’s unique approach.

Session takeaways
- Challenge an employee’s approach to their work from a human factors standpoint
- Identify key components of a strategy to reduce the risk of MSDs associated with field service work
- Target training and learning experiences for seasoned field service technicians

Ergonomics Data — More Than Just Numbers IA1
INTERMEDIATE
Wednesday, Nov. 16 | 8:30 - 9:30 a.m.
Chris Shields Smith, Corporate Ergonomics Leader, Cummins Inc.

Collecting data and understanding specific challenges at multiple sites can be very difficult. Mr. Shields Smith will share how Cummins collects and uses data to drive improvement in its ergonomics program. Learn what programs Cummins uses, how it collects information and the major challenges it faces as a global company. Plus, you’ll find out how to use information from all levels in the organization to gain buy-in for your ergonomics program.

Session takeaways
- Identify potential data streams and understand how internal data provides insight into your ergonomics program
- Shift focus from traditional lagging indicators to more proactive leading indicators
- Improve data collection within your ergonomics program

Human Vibration Monitoring and Control IA2
INTERMEDIATE
Wednesday, Nov. 16 | 1 - 2 p.m.
Kevin Costello, CPE, President, United States Ergonomics

Overexertion from manual materials handling is an expensive problem, resulting in more than $15 billion in direct costs. Mr. Norton will demonstrate effective approaches to analyze and reduce the risk factors that contribute to overexertion-related injuries. You’ll hear case studies of innovative solutions in various industries and learn proven methods for manual handling task analysis that have led to development of practical, cost-effective changes in the workplace.

Session takeaways
- Identify the health risks associated with vibration exposure
- Provide safe limits of exposure
- Determine when action is required

Practical Solutions for Common Manual Materials IA3
Handling Risks
BASIC
Wednesday, Nov. 16 | 2:15 - 3:15 p.m.
Fred Norton, Technical Director – Ergonomics, Liberty Mutual

Exposure to whole body and hand-arm vibration is a daily occurrence for millions of workers. The impact can range from no effect to debilitating and irreversible cumulative injury depending on worker technique, environmental conditions, worker health, and the duration and magnitude of the exposure. Mr. Costello will provide you with best practices for controlling the potential impact of vibration on your workforce.

Session takeaways
- Identify contributing factors for manual materials handling injuries
- Describe how to apply basic task analysis methods to evaluate risk
- Discuss how ergonomic principles can be applied to practical changes in the workplace

“An excellent learning experience!”
Rick Schultz, Safety Training Manager
University of Pittsburgh

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Industrial Ergonomics: Risk Assessments & Solutions (cont’d)

**Lower Extremity Ergonomics: Mats, Insoles and More**  
*IA4  
**BASIC**  
Wednesday, Nov. 16 | 4 - 5 p.m.

Scott Smith, Director of Ergonomics, Global Risk Consulting, Aon

We’ve all heard about the dangers of sitting, but standing and kneeling have long presented challenges in many industries. The issue of static standing or continuous walking is far from resolved, and more products including knee pads, anti-fatigue mats and shoe inserts continue to come into the marketplace touting risk reduction and fatigue prevention. Mr. Smith will wade through the facts and impact of these as solutions, and ask the bigger question of whether (and when) standing is the right answer.

**Session takeaways**
- Identify the root causes and risk factors of lower extremity injuries
- Measure the effectiveness of lower extremity solutions using objective and subjective data
- Explain how lean manufacturing and ergonomics may differ on work-station changes from sitting to standing

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**Risk Factors, Risk Assessments and Your Ergonomics Program**  
*IA5  
**INTERMEDIATE**  
Thursday, Nov. 17 | 10:45 - 11:45 a.m.

Arun Garg, Professor of Occupational Science & Technology, University of Wisconsin-Milwaukee
Jay Kapellusch, Associate Professor, University of Wisconsin-Milwaukee

Get an up-close look at how to set up a successful ergonomics program that improves productivity and decreases injuries, lost workdays and workers’ compensation costs. Using case studies and examples, Mr. Garg and Mr. Kapellusch will discuss evidenced-based risk factors and arm you with the knowledge to perform risk assessments for low back pain and upper limb musculoskeletal disorders. They’ll also share the latest scientific evidence from large-scale epidemiological studies to identify the types of physical exposure risk factors that lead to common occupational injuries such as carpal tunnel syndrome and low back pain.

**Session takeaways**
- Understand evidenced-based risk factors for low back pain and upper limb musculoskeletal disorders
- Use scientific evidence and proven job analysis methods to reduce injuries and increase productivity
- Integrate the latest scientific knowledge and tools to develop a successful ergonomics program

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**Maximizing Your Ergonomics and Safety Program With Lean Concepts**  
*IA6  
**INTERMEDIATE**  
Thursday, Nov. 17 | 1:45 - 2:45 p.m.

Jerome J. Congleton, PhD, PE, CPE, Emeritus Professor of Ergonomics and Safety Engineering, Texas A&M University Health Science Center School of Public Health

Ergonomics and safety teams can benefit from implementing lean manufacturing. As a system, rather than individual tools and techniques, lean manufacturing can be used in conjunction with ergonomics to increase process effectiveness in service, manufacturing and even administrative functions. Dr. Congleton will emphasize the hands-on application of commonly used lean and ergonomic tools and techniques, so you learn how to use lean concepts to enhance your programs while setting standards, recommending method improvements and establishing metrics to measure success.

**Session takeaways**
- Develop a firm understanding of lean manufacturing principles
- Recommend method improvements and develop cost/benefit metrics for your organization
- Explain how your organization can benefit from a lean process

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**Prevention Through Design: An Ergonomics Business Case**  
*IA7  
**INTERMEDIATE**  
Thursday, Nov. 17 | 3 - 4 p.m.

Georgi Popov, PhD, QEP, CMC, Associate Professor, University of Central Missouri

Dr. Popov will share the Prevention through Design (PtD) process that will give your ergonomics program the tools and metrics needed to develop a business case for change. You’ll see the step-by-step process of risk assessment and risk reduction, as well as the financial analysis that goes into developing a full business case with a PtD intervention.

**Session takeaways**
- Describe Prevention through Design methodologies
- Identify value factors used to support business decisions
- Align health and safety interventions with business goals and objectives

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**Two Hands Are Better Than One: How Asymmetric Lifting Can Lead to Injury**  
*IA8  
**INTERMEDIATE**  
Thursday, Nov. 17 | 4:15 - 5:15 p.m.

John Pentikis, Ergonomist, U.S. Army Public Health Center

There is no way to accurately determine how much one-hand lifting is taking place in industry. And while many ergonomists believe it’s a common occurrence, there are no well-established one-hand lifting guidelines. The absence of such guidance often results in ergonomists treating one-hand lifts the same as two-hand lifts. Mr. Pentikis will share a recent study, which showed a significant increase in back compressive force when lifting a weight with one hand versus doubling the weight and lifting it with two hands. You’ll leave with an understanding of the biomechanical costs associated with one-hand lifting.

**Session takeaways**
- Discuss the value of using both hands during manual materials handling activities
- Explain how lifting twice as much weight may be safer on the back
- Recognize the impact one-hand lifting has on forces acting on the feet

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**How Many Is Too Many? Workload Analysis and Controls**  
*IA9  
**INTERMEDIATE**  
Friday, Nov. 18 | 8:30 - 9:30 a.m.

Melissa Afterman, Senior Principal Ergonomist, VSI Risk Management & Ergonomics, Inc.

How long can my employees safely perform this task? How many times can they safely repeat it? These are the million dollar ergonomics questions. Ms. Afterman’s team focused on frequency instead of just number repetitions. You’ll learn the importance of pacing and reducing intensity wherever possible.

**Session takeaways**
- Identify the factors that contribute to risk exposure
- Apply the ACGIH Threshold Limit Value for Hand Activity using a simple worksheet
- Develop usable guidance for workload scheduling of repetitive procedures

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**Slips, Trips and Falls: The Integrated Solution**  
*IA10  
**BASIC**  
Friday, Nov. 18 | 9:45 - 10:45 a.m.

Barry Carlin, CEO, Best Performance Systems, Inc.

Same-level slips, trips and falls are occupational hazards found in nearly all work settings. Frequently the cause of bruised egos, the more serious side effect is a range of injuries from bruised muscles to broken bones and even death. For U.S. businesses, the result is time off work, temporary employee costs, overtime for existing employees, lost work days and increased workers’ comp costs. Mr. Carlin will review housekeeping, contributory-design factors, facility maintenance, personal clothing and equipment, the aging worker, and more — showing you how to evaluate and implement solutions to limit slip and fall injuries in your workplace.

**Session takeaways**
- Identify sources and contributing factors of slip, trip and fall incidents in your environment
- Create an integrated solution to identify and correct all contributing factors
- Influence workers to embrace changes

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“ErgoExpo offers excellent insight that can be used in many ergonomics applications. Plus, the Expo is great for networking and seeing innovative products!”
Valentina Sendin, Ergo Project Manager
Kaiser Permanente

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Employee Engagement & Health

Boost Engagement for Your Safety and Ergonomics Programs EE1
BASIC
Michael Melnik, Owner, Prevention Plus, Inc.

Ergonomics is about much more than new equipment and engineering controls. While these are critical aspects of a successful ergonomics program, their effectiveness is greatly influenced by the way programs are developed, implemented and sustained. Every step of the way, actions are taken that drive attitudes in directions that either support or undermine the ergonomics process. Mr. Melnik will discuss the “people” portion of the ergonomics process and show you how to make sure that the attitudes being generated create the greatest return on investment for your ergonomics efforts.

Session takeaways
- Identify specific behaviors that increase engagement in ergonomics programs
- Evaluate the level of engagement during all phases of your ergonomics program
- Develop strategies for inviting enthusiasm and minimizing resistance

Safe Patient Handling and Mobility Program Implementation EE2
INTERMEDIATE
Kelsey McCoskey, Ergonomist, Army Public Health Center

Protecting military and civilian healthcare providers from musculoskeletal injury risk is vitally important to provide the highest standard of care to injured soldiers, retirees and their families. Implementation of safe patient handling and mobility (SPHM) programs can result in decreased injuries, discomfort and lost work time while increasing morale and staff retention. Ms. McCoskey will discuss the successful implementation of a comprehensive SPHM program at the Army Public Health Center, and share specific challenges and lessons learned.

Session takeaways
- Identify three issues that drive the need for SPHM standards in medical facilities
- Recognize three types of patient handling devices that can be incorporated in future projects
- Implement a comprehensive SPHM program

Ergonomics Teams
INTERMEDIATE
James Mallon, Executive Vice President, Humantech
Walt Rostykus, Principal Consultant, Humantech

World-class ergonomics improvement processes are built on the performance and commitment of well-functioning teams. Based on the results of industry benchmarking studies and experience garnered from more than 25 years of consulting, Mr. Mallon and Mr. Rostykus will discuss the five critical elements for engaging teams to plan, deploy and sustain an ergonomics process. You’ll learn the different training requirements needed for a comprehensive ergonomics improvement process.

Session takeaways
- Recognize the well-defined roles and responsibilities that must be fulfilled
- Identify the characteristics and makeup of a successful ergonomics team
- Adapt the results of the efforts made by successful ergonomics teams

The Magic of Competition: Bringing Out the Best in Ergonomic Teams EE4
BASIC
Arnie Neustaetter, Ergonomics Manager, Pacific Gas & Electric Co.

A structured competition can generate interest and participation in your ergonomics program. Mr. Neustaetter will describe how PG&E has used annual internal competitions to motivate teams and guide ergonomics interventions year round. Through case studies with results, graphics and video clips, you’ll learn about marketing, competition structure and rules, judging criteria, and awards — so you can get a competition started in your own organization.

Session takeaways
- Create a competition to drive outcome-oriented interventions
- Manage the competitive process from start to finish including marketing, awards and recognition
- Identify options to present a less-competitive format to maximize participation

Ergonomics for Women: Gender-Specific Design EE5
Implications and Behavior Change Systems
BASIC
Julie Landis, VP of Business Development, Briotix

Understand from the physical and cognitive viewpoints how ergonomics in office and mobile environments will improve performance and well-being for women. Ms. Landis will focus on gender-specific workstation design implications and the importance of incorporating behavior change, specifically incorporating movement into the day. You’ll discover motivational interviewing methodologies that can guide adoption and behavioral change, as well as health statistics and the trends regarding female workers.

Session takeaways
- Explain how women use content and tools for behavioral change
- Discuss gender differences and their relation to MSDs
- Design guidelines for women who fall outside of normative adjustments

Ergonomics and Millennials EE6
BASIC
Kathy Espinoza, AVP, Ergonomics & Safety, Keenan & Associates

Risk managers have focused much of their attention on the needs of aging employees, while overlooking a potentially more challenging ergonomic conundrum — ergonomics for Millennials. In just a few years, Millennials will make up 75% of the global workforce, and they will enter the workforce having used technology all of their lives with developed patterns and habits around that use of technology. Discover practical ways to manage young workers’ comfort and deal with their potentially pre-existing injuries.

Session takeaways
- Identify the ergonomic issues that Millennials bring to the workplace
- Recognize the habits from life-long technology use that will affect ergonomic evaluations
- Persuade Millennials to ergonomically conform to a more structured workplace

Dyslexia: What Ergonomists Need to Know EE7
INTERMEDIATE
Andrew Wood, Senior Consultant/Ergonomics, Ferguson Risk Management

Dyslexia is a hidden disability with no visible signs or symptoms. There is no cure and individuals do not “grow out of it.” Using data from advanced brain imaging techniques Mr. Wood will explain what dyslexia is, discuss its prominence in society, and explain the neurophysiology of normal and dyslexic reading.

Session takeaways
- Recognize the prevalence of dyslexia in the population
- Discuss the physiology of normal reading and abnormal reading
- Provide accommodations to individuals with dyslexia

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Bridging the Gap Between Green Building Practices and Occupant Health

**Thursday, Nov. 17 | 4:15 - 5:15 p.m.**

**Lucy Hart, MSc, CCPE, Certified Ergonomist**

**Mallory Lynch, Campus Ergonomist, University of California Berkeley**

**Linda Miller, President/Senior Ergonomist, EWI Works**

Green buildings are being constructed throughout North America as a means to promote environmental sustainability. A lot of attention is being paid to the environmental impact of such buildings, but less so on the health impacts of the occupants. Hear the common concerns occupants report and how the integration of ergonomics can improve the health of computer users. You’ll also learn about the revised Leadership in Energy and Environmental Design (LEED) Pilot Credit 44 to support the integration of ergonomics in building design and construction.

**Session takeaways**

- Identify potential occupant health concerns related to green buildings
- Identify how ergonomics can be used to address occupant needs
- Use infographics and resources to apply for Pilot Credit 44

Cognitive Ergonomics: The Antidote to Information Overload

**Friday, Nov. 18 | 8:30 - 9:30 a.m.**

**Daniel McHugh, Founder/Principal Ergonomist, Daniel McHugh Ergonomics, LLC**

Today’s workplace is a complicated environment. Workers are required to process too much information. As a result, many are having difficulty with memory, attention, decision-making and learning. Mental overload leads to a loss of productivity, increased errors and strained relationships with co-workers. Mr. McHugh will introduce the concepts of cognitive ergonomics. By assessing risk factors affecting mental performance, understanding job-specific cognitive demands, and recognizing the strengths and limitations of the brain, cognitive ergonomists can provide behavioral and technological solutions to help improve employee focus, productivity and peace of mind.

**Session takeaways**

- Identify the cognitive stressors contributing to information overload
- Discuss the mental processes required during an office employee’s workday
- Create solutions for managing distractions, interruptions, email overload and memory strain

Ergonomics and Wellness in Labs: Improving and Sustaining Worker Performance

**Friday, Nov. 18 | 9:45 - 10:45 a.m.**

**Todd Baker, Principal, Empowerment Ergonomics**

Biological and chemical laboratories face many challenges in keeping their workers healthy and productive. Mr. Baker will share the comprehensive, multidisciplinary model he developed for addressing the physical risks associated with lab work. He’ll cover the importance of complementing ergonomics interventions with therapeutic and fitness/wellness interventions, and share innovative work environment modifications. This session is a must for lab employers seeking new ways to understand and maximize worker performance.

**Session takeaways**

- Confirm and prioritize risks associated with lab tasks using recognized screening tools
- Use ergonomics data to identify environmental modifications and develop targeted recovery
- Create low-cost fitness spaces to support ergonomics goals

**“The excellent speakers and the practical insight offered at ErgoExpo keep me coming back.”**

* Jerrie Looney, Safety Coordinator, OGE

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- Footwear, Orthotics & Support Products
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- Lifting Equipment
- Occupational Pre-Employment Testing/Screening
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- And More!

**Expo Agenda**

**Tuesday, Nov. 15**

**5 - 7 p.m.**

**Expo Open | Opening Night Reception**

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**Wednesday, Nov. 16**

**11 a.m. - 4 p.m.**

**Expo Open**

Networking Lunch

Sponsored by: Microsoft

3:15 - 4 p.m.

Refreshment Break & Door Prizes

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**Thursday, Nov. 17**

**9:45 a.m. - 1:45 p.m.**

**Expo Open**

Refreshment Break

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Networking Lunch

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If you reserve more than 10 rooms, you may be required to sign a contract. If you require an ADA accessible room, we strongly encourage you to make your hotel reservations early and communicate your needs to the hotel.

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