

**WELL AT HOME
SAFE AT WORK**

OSC | 12
Ohio Safety Congress & Expo

#253 Ergonomic Solutions: Myths, Fads and Facts – Basic

11 a.m. to noon – Thursday, March 29

Finding the right solution to address an ergonomic issue can be challenging. Whether you're implementing a new product, administrative solution, or some type of personal protective equipment, it's not always easy to differentiate a passing from a proven solution (fact). Does the hype surrounding many ergonomic solutions stand up to actual scientific criteria? This interactive session aims to stimulate discussion and provide answers to common questions surrounding ergonomic products and solutions. Topics covered will include: Swiss ball office seating, treadmill workstations, back belt use for manual material handling, anti-vibration gloves and stretching. You will be able to distinguish between the myths and facts about common ergonomic products and solutions; identify what makes a product or solution ergonomically sound; and recognize how to use ergonomic fundamentals to support or negate typical claims.

Credits: 0.1 IACET; 1 CCM; 1 HR; 1 CRC; 1 CDMS

Developed by the Ergonomics committee

Presented by Jeff Sanford, ergonomics engineer and CEP, Humantech, Ann Arbor, Mich.

Notes:

Action items: