



Faculty/Staff,

Are you spending most of your day sitting at your desk in front of your computer? Did you know that simply making minor adjustments to how you sit and work at your desk can significantly reduce the likelihood of developing headaches, eyestrain, back and neck pain, and tendon problems such as carpal tunnel syndrome and other musculoskeletal disorders? Would you like to learn more?

Your chance is here!

Jason Gouldner, Risk Control Consultant for Murray Securus and Certified Safety Professional, will be coming to campus on Thursday, November 19th, to host a workshop on office ergonomics. Office ergonomics is an area of ergonomics that essentially focuses on fitting the workstation to the worker, so that tasks can be performed in a safe and easy manner. Jason's presentation will explain different ways this can be accomplished, including:

- The key components of an ergonomically friendly workstation
- Techniques to reduce physical stress and strain on your body
- How to properly use your office furniture/equipment
- How and why injuries occur

This interactive workshop will also include live demonstrations on proper and improper sitting and working habits, as well as an opportunity for attendees to receive an on-the-spot assessment from Jason. Rich Caloiero (HR) and Tiffany Wells (Campus Services) will accompany Jason to explain the College's processes for purchasing office furniture/equipment, and for making reasonable accommodations for individuals with medically documented injuries or disabilities.

****At the end of the workshop we will raffle off one Murray Securus Picnic Set/Carrier (perfect for 2 people -- includes glasses, silverware, plates, napkins, corkscrew, & insulated tote). All attendees will be entered for a chance to win!***

To register, click [here](#) and enter your login credentials at the top of the page, or go to **Jayweb > Staff > Human Resources > Training > Office Ergonomics Workshop**. The workshop will take place on November 19th from 10:00 am - 11:00 am in Hoover 110. Please consult with your supervisor before registering.

Don't miss this opportunity to get proactive about your physical health!