

Workplace Ergonomics: Increasing Efficiency, Morale, and Physical Well Being

Workshop for Faculty and Staff

Are you aware of the toll that your work station set-up takes on how you feel and how you work?

Would you like to learn tips on how to redesign your work station for greater success?

What past participants have said about this program:

"I learned valuable information and tangible tips to structure my workstation more effectively."

"I left with a scheduled ergonomics appointment to have my work station evaluated!"

"Liz was very upbeat and interested in getting the message to us –it's clear that she enjoys speaking to groups."

Ergonomics is the science of fitting workplace conditions and job demands to the capabilities of employees. These principles are used to improve the "fit" between the worker and the workplace. Learn a practical approach that shows the match between the person, the equipment they use, the work processes, and how it fits into the work environment. The instructor will use a combination of slide presentation and a desk/computer model to demonstrate an appropriate way to arrange your workstation.

You will learn:

- The varied benefits of an ergonomic setup.
- How to set up an effective workstation for your needs.

About the Facilitator:

F. (Liz) Elisabeth Albertini began working with IWIF in July of 2005 where she joined the SERMA unit as a Risk Management Consultant. She has 27 years of government experience in both Federal and State agencies, and is a Certified Ergonomic Assessment Specialist. She retired as a Safety and Occupational Health Specialist from the Department of Defense in July 2003 and has worked for the U.S. Department of Labor/OSHA as a Compliance Officer. Ms. Albertini has a Bachelor of Arts degree in Criminal Justice from Leo University in Florida.

To schedule a work station ergonomics assessment, please visit <http://www.umbc.edu/safety/> and click the link on the left for 'Ergonomic Info' and the link for 'UMBC Ergonomics Request Form.' An appointment will be made upon filling out and submitting this form to UMBC Department of Environmental Safety and Health.

**Wednesday,
March 16, 2011**

2:00 – 3:00 pm

**University Center
Room 312**

Register on the web by March 8th at: www.umbc.edu/training

Spaces are limited and pre-registration is required.

