



International Public Management Association for Human Resources, San Diego Chapter  
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San Diego IPMA-HR is an affiliate of the  
International Public Management Association

## THIS MONTH'S MEETING:

**Thursday, June 21, 2018**

Check-in 11:15 a.m.

Lunch 11:30 a.m.

Speaker 12:00 p.m. to 1:00 p.m.

**Please do not arrive prior to 11:15 as the IPMA board needs time to set up for this meeting.**

**The Butcher Shop**  
5255 Kearny Villa Rd.  
San Diego, CA 92123

**\*\* Buffet-Style Lunch Served\*\***

### PLEASE RSVP

**by Monday June 18th by 12:00 p.m.**

<https://www.surveymonkey.com/r/2018June21>

**To change or cancel your RSVP,  
please send an e-mail to:**

[sdipmarsvp@gmail.com](mailto:sdipmarsvp@gmail.com) by the RSVP deadline

Cost with RSVP: \$25.00 (Members)

\$40.00 (Non-Members)

Cost for walk-ins: \$30.00 (Members)

\$45.00 (Non-Members)

**To pay with your PayPal account, please send payments to [SDIPMAPAYMENT@gmail.com](mailto:SDIPMAPAYMENT@gmail.com). In the PayPal Note, please include your name and the date of the luncheon.**

**No-show reservations and cancellations after RSVP deadline will be billed**

## Ergonomics According to the Doctor and the Workman

This presentation combines the unique life experiences of a Doctor of Physical Therapy and a seasoned safety professional. While both presenters are knowledgeable in the field of ergonomics, they have different perspectives on this topic. This presentation combines those perspectives into an informative and sometimes light hearted discussion that includes investment vs cost, why computer workstations may be hazardous to our health, steps to prevent repetitive motion injuries, and current ergonomic equipment.

**Steve Workman, CEAS**, holds a B.S. from National University and A.S. from Vincennes University. He has participated in organizing the San Diego chapter of the American Society of Safety Engineers' 2015, 16, 17 and 2018 Professional Development Conferences and serves as chapter Membership Chair. He was 1st introduced to ergonomics during 26 year career at NASSCO (Jobs included; Electrician, Human Resources, Safety Rep.). In June 2005 he was hired as Human Resources / Safety Officer at COBHAM Electronics. (This resulted in expanded ergonomic knowledge as a result of a work environment with over 700 microscopes.) In February 2011 Steve earned designation of Certified Ergonomics Assessment Specialist (CEAS) from Back School of Atlanta. Steve is currently the President Elect for the San Diego Chapter of the American Society of Safety Professionals.

**Claire Wilson, Doctor of Physical Therapy**, Ergonomist - Herman Miller, Inc.

As a physical therapist and yoga instructor, Claire applies her knowledge of the body and mind to bring humanity back to the work place. She offers insight for her clients to create spaces that increase health and happiness, and prevent injury. She has treated thousands of patients with work related injury due to poor ergonomic environments in their home or office.

This meeting qualifies for one point towards recertification in the IPMA-SCP credential