



## Personal Ergonomic Success – Improved Body Functionality... Safety

### About the Presentation

All work presents physical challenges that have the potential to injure workers, however the risk of injury can be greatly reduced by utilizing prudent ergonomic practices. Whether we are employed in offices or doing intense physical labor, our bodies are challenged to perform work in an ever-changing balance of physical demands and workplace variables. So how can we achieve Personal Ergonomic Success? By understanding and applying proven ergonomics practices to our work and lifestyle so we can maximize our body's functioning potential.

This workshop will review practical applications and techniques that can be used to improve our body's ability to work and function safely. Topics will include methods and benefits of: pre-work warm-ups; stretching; conditioning; task/micro breaks; assessing ergonomic risk factors; and ergonomic survival techniques and tools for workplaces ranging from the office to the construction trades. The length and focus of this workshop can be customized to meet target audience needs.

*"Personal Ergonomic Success"* is achieved when we safely maximize the functionality of our bodies. Learn what it takes to help achieve ergonomic success both professionally and personally.

### The Presenter



Hoyt Emmons is a Senior Safety and Health Consultant Med-Tex Services, LLC. Hoyt has over 25 year of experience developing and implementing Environment, Health, and Safety programs that both improve workplace safety and regulatory compliance. Hoyt is also a certified OSHA Training Institute (OTI) master trainer. In addition to occupational safety, Hoyt is an experienced fitness professional who has trained thousands of people in exercise classes and through Personal Fitness Trainer certification courses over the past 20 years. Hoyt is known for developing pragmatic EHS solution options that fit the needs of both the organization and the employees. Hoyt's education includes a BS in Animal Husbandry, a MBA in Management, and a MS in Environmental Health.

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