

**LOW COST – HIGH IMPACT  
ERGONOMIC  
IMPROVEMENTS  
FOR AN  
AGING WORK FORCE**

- **PHYSIOLOGICAL CHANGES  
AS WE AGE**
- **ASSESS WORKSTATIONS,  
TOOLS & EQUIPMENT**
- **ERGONOMIC PRODUCTS TO  
ACCOMMODATE NEEDS**

**CONTINUING EDUCATION CREDITS**

**APPROVED FOR 0.7 CEU'S FOR  
ATTENDING CONFERENCE**



**Northeastern Pennsylvania Chapter  
AMERICAN SOCIETY  
OF SAFETY ENGINEERS**  
[www.nepa-asse.org](http://www.nepa-asse.org)

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**INVITATION**  
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**PROFESSIONAL  
DEVELOPMENT  
CONFERENCE**

**OCTOBER 15, 2008**

*Sponsored by:*  
**NEPA CHAPTER**



*and*

humantech

**THE WOODLANDS INN & RESORT  
ROUTE 315  
WILKES-BARRE, PA**

## ABOUT THE SPEAKER



**Josh Kerst B.S., CPE, CI**  
Vice President, Humantech

Josh Kerst has served as lead project consultant for over 1500 ergonomic design reviews and has provided over 500 training classes in ergonomics. He obtained a Bachelor of Science degree in industrial and operations engineering from the University of Michigan. Prior to joining Humantech, he was a research scientist with the University of Michigan Transportation Research Institute. Josh has received recognition as a Board Certified Professional Ergonomist. He is a member of the Human Factors Association of Canada and serves on the ANSI Z.245-4 ergonomics committee for solid waste handling.



## ABOUT ASSE – NEPA CHAPTER

Founded in 1911, ASSE is the oldest and largest professional safety organization. Its more than 32,000 members manage, supervise and consult on safety, health, and environmental issues in industry, insurance, government and education.

The Northeast Pennsylvania Chapter was original recognized as a Section of the Lehigh Valley Chapter in April of 1996. On June 12, 1998 we were officially chartered as a Chapter of the Society. Throughout our decade plus existence we have continually strived to be both good stewards to the profession as well as provide local and regional opportunities for our members. Currently over 100 members strong, we are committed to ensure the success of the Chapter and to the profession. It is through outreach and educational events such as the Humantech PDC and we will continue to flourish across the geographic region that comprises the Northeast Pennsylvania Chapter; always with the mission of providing value for our members.

## Agenda

**8:00 to 8:30 AM**

### Introduction to Occupational Ergonomics

- Human Performance Ergonomics
- Ergonomics as a business agenda
- Overview of the assessment tools

**8:30 to 9:15 AM**

### Work-Related Musculoskeletal Disorders

- Posture, Force, and Frequency
- Types of WMSDs
- Low-cost high-impact solutions

**9:15 – 9:30 AM – Break**

**9:30 to 10:30 AM**

### Recognizing Ergonomic Issues for the Aging Employee

- Identifying ergonomic issues with the aging employee
- Identifying ergonomic issues and improvements
- Risk Awareness and Reporting Strategies
- Hazard Control Procedures
- Hazard Analysis Procedures

**10:30 – 11:45 AM**

### Evaluating Ergonomics Risk Factors

- Manual material handling issues (MMH)
- Identifying ergonomic MMH issues and improvements

**1:00 - 2:15 PM**

### Anthropometry

- What is Anthropometry
- Applying Anthropometry to Workstation Design
- Seated Workstations
- Standing Workstations
- Design and Build Guidelines™

**2:15 – 2:30 PM – Break**

**2:30 – 4:15 PM**

### Hands-On In-Class Exercises

- Evaluating ergonomic risk for aging employee in various scenarios (Office, Manufacturing, etc)
- Office Ergonomics
  - Basic Screening Tool for the Office
  - Hazard Analysis Tool for the Office
  - Developing low-cost high-impact solutions
- Manufacturing Ergonomics
  - Basic Screening Tool for the Manufacturing
  - Hazard Analysis Tool for the Manufacturing
  - Developing low-cost high-impact solutions

**4:15 – 4:30 PM - Course Wrap-up & Evaluations**



**DATE:** WEDNESDAY  
OCTOBER 15, 2008

**LOCATION:** WOODLANDS INN & RESORT,  
WILKES-BARRE, PA.

**REGISTRATION:** 07:30 AM

**SEMINAR:** 08:00 AM- 04:30 PM

**COST:**  
\$125 = ASSE MEMBERS  
\$150 = NON-ASSE MEMBERS  
\$175 = ALL LATE REGISTRATIONS OR AT DOOR

LUNCH WILL BE PROVIDED

**DEADLINE FOR EARLY REGISTRATION**  
**9/15/08**

**PLEASE SUBMIT YOUR REGISTRATION TO:**

ROCCO DIPIETRO, CSP

NEPA CHAPTER PRESIDENT - ASSE  
COCCIARDI & ASSOCIATES, INC.  
330 MONTAGE MOUNTAIN ROAD  
MOOSIC, PA 18507

OR VIA

FAX - #570-963-0242

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**RESERVE BY: SEPTEMBER 19, 2008**