

# Healthy Spines at Work (Fall 2005)

## Dear Safety Coordinator,

I am offering two talks this fall to community businesses as part of an accident prevention/health education program. This opportunity is designed to benefit you and your organization by providing valuable health information to your employees. I can provide all teaching materials and handouts (which you can review prior to the meeting).

I've had a very positive response from all of the businesses that have already seen these workshops. Feel free to contact me directly or visit my website for more information. (To see a list of businesses where I have already presented, please visit [www.rosserchiro.com/safetytalk](http://www.rosserchiro.com/safetytalk))

All the best, *Dr. Andy Rosser*

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## Presentation 1-Safe Lifting

Approximate Time: 30 minutes (+15 Q/A)

### Introduction

Top Five Preventable Lifting Injuries

### Spinal Anatomy

Muscles, Ligaments, Bones  
Posture

### Avoiding Common Lifting Injuries

Lower Back  
Shoulders  
Neck

### Prevention Strategies

Help!  
Lifting Technique  
Exercises  
Healing and Recovery

## Presentation 2-Office Ergonomics

Approximate Time: 30 minutes (+15 Q/A)

### Introduction

Top Five Preventable Office Injuries

### Spinal Anatomy

Muscles, Ligaments, Bones  
Posture

### Avoiding Common Office Injuries

Neck  
Lower Back  
Shoulders  
Wrist

### Prevention Strategies

Workstation Set up  
Breaks  
Exercises  
Healing and Recovery



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*"Thank you so much for presenting ergonomics information to our Staff. Many folks have come to me with appreciation for the insight and awareness they gained from your workshop.*

*We are lucky to share in your knowledge of, and passion for, caring about people and their bodies. "*

*M.W.~ Olympia, WA*