

Ergonomics Roundtable of Sacramento Presents:

When: August 3, 2016
9:00—11:30

Sitting vs. Standing Latest Research

Mark E. Benden, PhD, CPE

Dr. Benden will present the results of some ground-breaking new research, documenting a 46% increase in productivity using height adjustable workstations. He will cover the status of 3 large scale worker research studies (over 16,000 workers) evaluating the use of software to monitor and influence office worker health behaviors, and the current state of research on the activity permissive work and school environments currently being used to combat our sedentary lifestyles.

About our Speaker...

Dr. Benden is Department Head and Associate Professor of the Texas A&M Health Science Center School of Public Health, Department of Environmental and Occupational Health. Additionally, Dr. Benden serves as Director of the Texas A&M Ergonomics Center and is co-founder of two successful faculty led, startup companies :Positive Motion LLC and Stand2Learn LLC. He also holds 20 US Patents for current ergonomic, health and industrial products and now has many US patents pending in other fields. Many of his early designs are now industry standards and have been deployed in hundreds of thousands of units of products sold and have helped countless people to be more comfortable, productive and safe while performing their work.

Dr. Benden has focused his research on his theory of *Technology Induced Inactivity* and the manner in which our sedentary lifestyles are increasingly influencing poor health outcomes. He has also been involved in multiple transportation safety and healthcare related inventions and research efforts including the invention of the AmbiCycle™ and a cell-phone interruption device to alleviate distracted driving crashes and one that alerts the public to children in danger from being left in hot vehicles.

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www.ErgoRT.org
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call 916-212-4639.

We expect a full house. If you RSVP and can't make it, please let us know so we can accommodate.

