

## Ergonomics Roundtable of Sacramento Presents:

*When:* **October 15, 2015  
9:00—11:30**

### *iHurt, uHurt, wii All Hurt... The Toll of Technology*

From Blackberries to iPads to Windows-based tablets, mobile technology is an ever more common feature in America's homes and offices. We see them everywhere from planes to trains to preschool classrooms. In our modern world, the quest for interconnectedness through mobile technology is at an all time high, but at what personal price? Texting thumb? iPad neck? Cell phone shoulder? Instant communication by text message, whether through iPhones, iPads, Xbox or laptops, has changed our culture and expectations while creating a civilization that screams iHurt! This session will discuss the ergonomics around the use of modern technology to avoid the personal toll that technology takes on our body.



#### *About our Speaker...*

**Kathy Espinoza** is a Board Certified Professional Ergonomist, with dual Master's Degrees: one in Work Science/Physiology and the other in Business Administration. She has worked at Keenan for 13 years providing ergonomic assessments and injury prevention training to office personnel, management, executive boards, custodial and facility departments. She gained most of her experience in ergonomics while serving as the Coordinator of the Chronic Back Pain Program for Kaiser Permanente in Fontana for over 12 years. Kathy taught Ergonomics in the Workplace at UC, Riverside for over 10 years and was the 2010 recipient of the UCR Instructor Excellence Award. She has 57 articles published in the field of ergonomics.

#### *Where:*

**2424 Arden Way,  
Room 450  
Sacramento, CA**

**Parking is FREE. Drive to the back parking lot and enter the building on the corner.**

#### *Thank you to our Sponsor...*

Since 1991, Office Relief, Inc., has been in the business of selling ergonomic products. We are the one-stop shop for all your ergonomic needs with the largest selection of office ergonomic products available. Since our inception, we have been building our product knowledge and customer support team to provide reliable service and fast delivery. We are able to provide products for any size client nationwide. Individuals use us for quick availability and our assortment of products. Small businesses to large corporations use us for not only our vast inventory, but also our competitive prices. We know that ergonomic furniture and accessories play an important role in keeping people working safely, so we build strong working relationships with Health & Safety personnel, ergonomic consultants, occupational and physical therapists.

Brad Hagan  
Solution Sales Executive  
209-426-7500 cell  
[bhagan@officerelief.com](mailto:bhagan@officerelief.com)  
[www.officerelief.com](http://www.officerelief.com)

Please RSVP at  
[www.ErgoRT.org](http://www.ErgoRT.org)  
or e-mail Ann Pudoff at  
[ann@mostsafety.com](mailto:ann@mostsafety.com) or  
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.**

