

**Ergonomics Roundtable of
Sacramento Presents:**

**WHEN: Jan 21, 2014
9:00-11:30 a.m.**

**Safer Ways to Assist
People Outside the
Hospital**



Participants will be introduced to a new Ergonomics Roundtable Sub Group, People Care Network, that brings those who are knowledgeable and experienced at training people, who care for people, with disabilities, elderly, or hospice with those who are knowledgeable and experienced at taking care of people in non-hospital settings together.

**WHERE:
2424 ARDEN WAY, STE.
450
SACRAMENTO, CA
95825**

Participants at this meeting will:

- 1) Gain awareness of principles of body mechanics.
- 2) Increase understanding of the long term effects of poor body mechanics.
- 3) Gain an understanding of the types of common transfers and mobility tasks.
- 4) Gain an understanding of what resources are available to assist with handling of people.

Drive straight to the back lot for plenty of free parking.

Please RSVP at www.ErgoRT.org or e-mail Ann Pudoff at ann@mostsafety.com or phone (916) 212-4639.

Thank you to our speakers...

Kelly Barry, MPT, CEAS, Physical Therapist and Ergonomics Specialist at UC Davis Medical Center

Since 1995, she has worked in Sacramento as a clinician mainly in acute care hospitals, then was drawn to ergonomics in 2003. As the biomechanics specialist of the Ergonomics Unit at UCDCMC, she performs individual industrial/clinical ergonomic evaluations as well as task analysis and new product evaluation. She works with the Safe Patient Handling Committee to ensure every employee has access to the training and equipment they need to transfer patients safely. She individually conducts training on body mechanics and the operation of safe patient handling devices.

**Debbie Coughlin, PT, CEES, CSPHP,
Ergonomics Coordinator at Dignity Health**

For 30 years, she has worked as a Physical Therapist at Dignity Health. She is a Certified Ergonomics Evaluator Specialist and a Certified Safe Patient Handling Professional. She is the Ergonomics Coordinator for the four Dignity Health hospitals in Sacramento and the corporate and business offices. She also provides ergonomic services to greater Sacramento area businesses. About 20 years ago, Debbie's focus became ergonomics. Her efforts to install lifts and other equipment in the hospitals began at that time. Since the law passed two years ago, her efforts have paid off as the nurses and other healthcare departments have gained a better understanding how patient outcomes and their safety can be improved. More recently she has been working with the bariatric population.