

**Ergonomics Roundtable of
Sacramento Presents:**

**WHEN: Jan 21, 2015
9:00-11:30 a.m.**

Sitting Disease: Can You Really Kick the Habit?

Featured Speaker: Josh Kerst, CPE, CIE, is Executive Vice President and Principal Ergonomist with Focal Upright

Your chair is not your friend. The amount of time we spend with our chairs - an amount that has dramatically increased over the last 25 years - is directly linked to a wide variety of serious health risks. With overwhelming evidence supporting the need for movement within the work environment, we can no longer ignore these risks. In an entertaining yet informative session, Josh Kerst will share the historical impact of the chair on our bodies and how this one object has shaped our society. Find out what steps your organization should take to address the related health concerns and learn ways to positively impact employee performance and workplace safety.

You'll get:

- A clear understanding of the health benefits associated with regular periods of active movement (standing, leaning, perching, etc.)
- A comprehensive review of the current body of scientific knowledge on sitting vs. standing, plus considerations and application guidelines to use in the workplace
- The implications of the aging workforce and on-going health challenges within our nation
- Highlights from NIOSH's "Take-a-Stand" project
- A rational and financially responsible approach to implementing sit-stand workstations within your environment

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Focal Upright is igniting an Upright Revolution! The company designs, manufactures, and distributes innovative upright furniture for use in the office, home, school, and outdoors. The company seeks body-conscious solutions to the problem of long-term sedentary behavior. Focal is making the world a better place, one cubicle at a time.

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