



# Ergonomics Roundtable of Sacramento *Presents:*

*When:*

**May 6th, 2025**  
**10:00am- 12:30pm**  
**PST**

## "A Holistic Approach to Ergonomics at a Public Utility"

Please join us to hear "A Holistic Approach to Ergonomics at a Public Utility" by our distinguished speaker, **Laura Vo, EH&S Specialist III**, as she will discuss:

Learn how a holistic approach to ergonomics at the nation's 6th largest public utility has affected Total Worker Health. At Sacramento Municipal Utility District (SMUD) we believe that safety and ergonomics is a key metric of overall worker health both in a varied work environment and outside of the workplace. In this presentation you will learn how SMUD approaches ergonomics challenges and see real-life examples of lessons learned and solutions to the unique challenges of our 2,200 employee strong workforce.

### *About our Speaker...*



Laura Vo earned her bachelor's degree from the College of Health and Human Services from CSU Sacramento. She has an extensive background working in Health and Safety with the City of Sacramento Police and Fire Departments and continued her safety profession when she joined SMUD, a public owned and operated utility in 2008.

As a Lead Environmental Health and Safety Specialist for SMUD, Laura is responsible for overseeing the Ergonomic Program that includes office, field and vehicles. She also monitors safety efficiency of SMUD's processes, including the Safety Management System, COVID-19 protocols, and managing various aspects of remote and hybrid work environments to minimize workplace hazards and risks. She plans, develops, and facilitates safety training and programs to reinforce SMUD's safety for life guidelines and regulations.

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### *Where:*

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Utility District**

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## **THANK YOU TO OUR SPONSOR**



Cal Ergonomics, a trusted in ergonomic workplace solutions, for an upcoming presentation featuring the latest innovations from OM Seating. We'll be spotlighting the new OM5 Evolved, designed with advanced body-activated motion and optimized tilt ratios to support healthier posture and reduce the risk of repetitive strain injuries (RSI). The session will also include a factory update and insights into OM Seating's commitment to ergonomic design and performance.

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