

UNIVERSITY OF CALIFORNIA, RIVERSIDE

Ergonomic & Injury Prevention Workshop

Enhance your workplace safety and physical well-being through expert-led sessions with with Hung Wu, Jansen Cunanan, and Ed Marshall.

JUL
08

Part 1: The Digital Workspace (Office & Classroom Ergonomics)

- Target: All campus staff and faculty.
- Objective: Customize desk setups to prevent repetitive strain.
- Key Topics: posture, monitor/keyboard/chair adjustments, the 20-20-20 rule for eye strain, and desk-based micro-stretches.

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Part 2: Beyond the Desk

- Target: All campus staff and faculty.
- Objective: Master safe lifting, pushing, and reaching.
- Key Topics: Utilizing the "Power Zone," proper lifting/pivoting mechanics, lab-specific ergonomics, and pre-shift dynamic warm-ups.

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Part 3: Habits, Movement & Early Intervention

- Target: All campus staff and faculty.
- Objective: Prevent chronic injury through behavioral habits and resources.
- Key Topics: Understanding cumulative trauma, identifying MSD warning signs, incorporating movement into sedentary days, and navigating campus ergonomic evaluations.

[Zoom link for all three sessions](#)

