

Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com (301) 337-8106

<https://sites.google.com/site/workingwithms/>

Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

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Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	MS Ergonomics Ergo 101 - What is Ergonomics (http://ergonomics.about.com/od/ergonomicbasics/a/ergo101.htm)
4:00pm	Member Sharings & Support
5:00pm	Adjourn “Nobody realizes that some people expend tremendous energy merely to be normal.” Albert Camus

Handouts & “News You Can Use”:

Ergonomics in the Workplace: A Resource Guide

<http://askjan.org/media/ergo.html>

CAP Workplace Ergonomics Reference Guide (2nd Edition)

http://cap.mil/Documents/CAP_Ergo_Guide.pdf

Computer Workstations: Good Working Positions

<https://www.osha.gov/SLTC/etools/computerworkstations/positions.html>

Ergonomic Guidelines for arranging a Computer Workstation - 10 steps for users

<http://ergo.human.cornell.edu/ergoguide.html>

Video: Easy Laptop Ergonomics

<http://video.about.com/ergonomics/Easy-Laptop-Ergonomics.htm>

How to Ergonomically Set Up Your Laptop as a Desktop

<http://ergonomics.about.com/od/office/a/laptopasdesktop.htm>

The Best No-Pain Laptop Position

<http://www.apartmenttherapy.com/the-best-nopain-laptop-positio-109233>

http://www.core77.com/blog/featured_items/case_study_freescale_netbook_design_at_scad_by_dave_malouf_14241.asp

Ergonomics in the Lab

<http://www.ergonomicssimplified.com/professions/lab>

Hairdressers (*think ergonomics for on-your-feet jobs*)

<http://www.ergonomicssimplified.com/professions/hairdresser>

Driving Ergonomics

<http://www.ergonomicssimplified.com/tips/driving>

Free Ergonomic Evaluation

<http://www.ergonomicssimplified.com/interactive-evaluation/>

Next/Upcoming Meetings:

August 11th – SUMMER BREAK – no meeting

Sept 8th – Meeting