

35<sup>TH</sup> Annual National Wellness Conference  
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”  
University of Wisconsin-Stevens Point, July 17-22, 2010

## Online Proposals

### LEAD PRESENTER

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### Comprehensive List of Conference Presentations for LEAD Presenter:

November, 2008 “What Every Industrial Hygienist Should Know About Health Promotion.” Industrial Hygiene Conference: Tampa, FL.

December, 2007 “Integration of Health and Wellness into Ergonomics Programs.” National Ergonomics Conference: Las Vegas, NV.

May, 2007 “Successful Methods of Reducing Musculoskeletal Injuries: A General Mills Case Study.” Eastern Ergonomics Conference: New York City, NY.

November, 2006 “The Health Number System, A New Innovation In Health Risk Appraisals.” DSI Occupational Health Conference: Denver, CO.

September, 2004 “Translating Corporate Strategy into e-Health Action.” Mayo Clinic e-Health Package User Conference; Rochester, MN

May, 1998 “Ergonomics in the Grain Milling Industry.” Association of Operative Millers; Phoenix, AZ.

June, 1997 “The Role of Health Promotion, Safety and Ergonomics in the Corporate and Industrial Settings.” American Physical Therapy Association; San Diego, CA.

June, 1995 “An Evaluation of Health Risk Factor and Days Ill After Two Years in a Corporate Fitness Center.” World Confederation of Physical Therapy Congress; Washington, DC.

July, 1992 “Incorporating Environmental Awareness Into a Corporate Health Promotion Program.” National Wellness Conference; Stevens Point, WI.

June, 1992 “An Evaluation of Lifestyle Risk Factors and Absenteeism After 6 Years in a Worksite Health Promotion.” American Physical Therapy Association; Denver, CO.

July, 1988 “An Evaluation of Lifestyle Risk Factors and Absenteeism After Two Years in a Worksite Health Promotion Program.” National Wellness Conference; Stevens Point, WI.

July, 1986 “A Comparison of Health Risk Factors, Health Care Costs and Absenteeism Rates in a Midwest Corporation After One Year Participation in a Health Promotion Program.” International Sportsmedicine Conference; Glasgow, Scotland.

September, 1985 “Health Care Cost Containment from the Viewpoint of Industry in the United States.” Karalinska Institute; Stockholm, Sweden.

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June, 1984 "The Role of the Physical Therapist in the Development of Wellness Programs." American Physical Therapy Association; Las Vegas, NV.

June, 1983 "A Comparison of Two Exercise Test Protocols for the Bicycle Ergometer." American Physical Therapy Association; Kansas City, MO.

May, 1983 "A Comparison of Two Exercise Test Protocols for the Bicycle Ergometer." American College of Sports Medicine; Montreal, QC, Canada.

**Presentation Title:**

Making Ergonomics Part of your Health Promotion and Wellness Programs

**Track:** Wellness Promotion

**Target Audience:** Health Care Professionals

**Program Level:** intermediate

**Program Type:** Breakout Session

**Have you presented or are you planning to present this program at other wellness-related conferences?**

n/a

**Abstract:**

Ergonomics has become a buzz word which has been used to encompass everything from marketing strategies, for selling healthy / user friendly products programs to educating individuals in proper lifting techniques. Defined, ergonomics is the science of analyzing the effect of the work process, environment, equipment and tools on human performance. This field consists of human factors engineering, safety and the medical fields. The purpose of this presentation will be to discuss combining the behavior based efforts of ergonomics and wellness to create a culture of health in a the office and manufacturing setting.

**Measurable Objectives:**

Attendees can expect to learn:

- Basic knowledge of ergonomics
- How to establish an ergonomic culture in the workplace.
- How to affectively combine wellness and ergonomics in the workplace.

**Program Outline:**

- I. Introduction to Ergonomics
- II. Common ergonomic issues
- III. Risk Factors, Ergonomic vs Lifestyle
- IV. Wellness strategies for safety and ergonomics
- V. Some Results
- VI. Summary

**Program Bibliography:**

Wood EA: “Getting Back to Good Health: Selecting Back Injury Prevention Programs.” Health Action Managers, August, 1989.

Wood EA: “Lifestyle Risk Factors and Absenteeism Trends: A Six-Year Corporate Study.” Worksite Health, Spring, 1997.

Wood EA: “Ergonomics in Flour Milling.” Milling Journal, December, 1998.

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**Program Relevance to Conference Theme:**

Combining wellness, safety and ergonomics is a strategy that works for creating a sustainable healthy culture in the office as well in the manufacturing setting. This presentation will discuss successful programs that have been implemented that have reduced injury rates as well as increased the health of the participant population.