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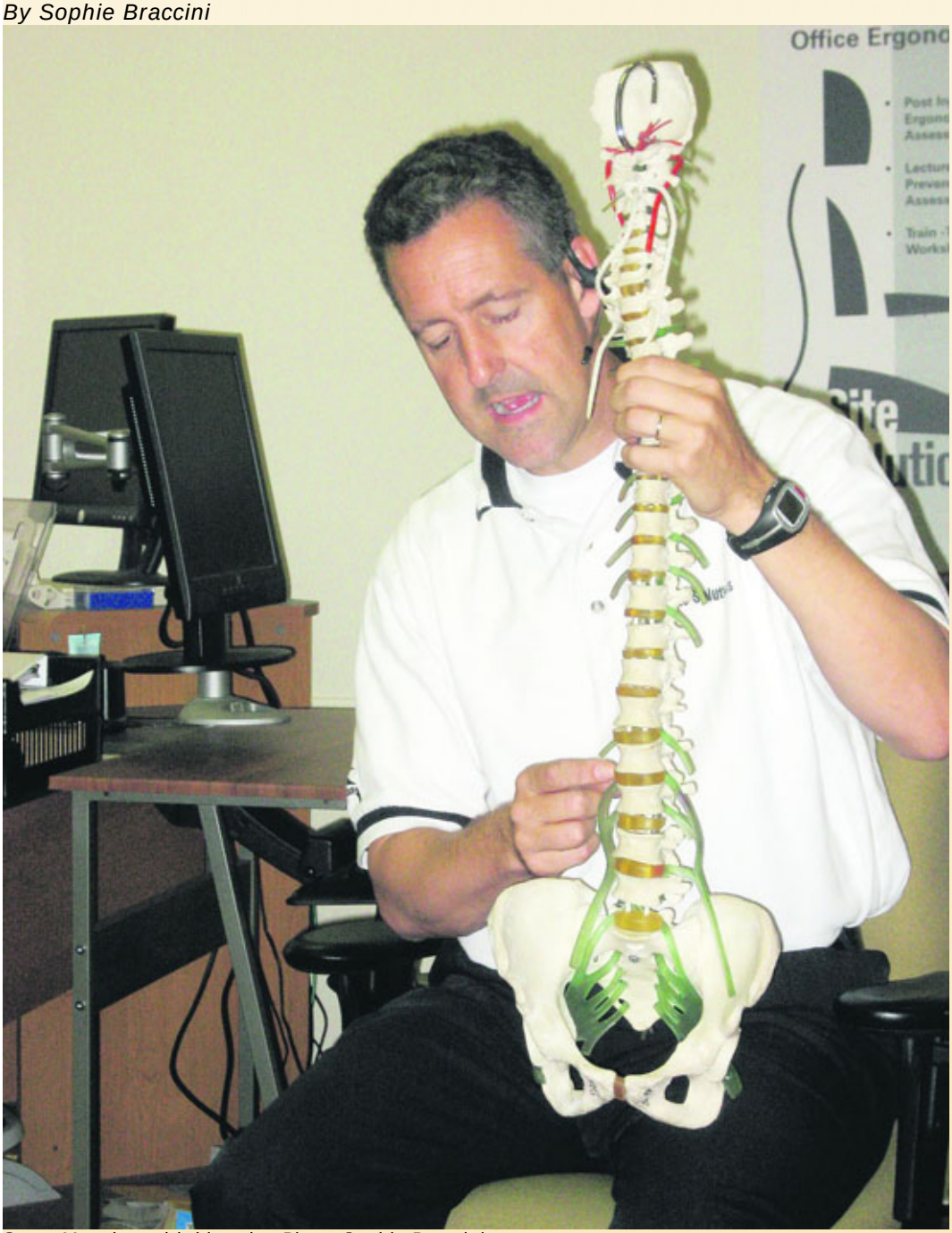
# Ergonomics Webinar

*By Sophie Braccini*




Steve Meagher with his spine Photo Sophie Braccini

Before his first web appearance, Steve Meagher, an Occupational Therapist with Site Solutions, had to rush home to get his spine. When he came back, holding the anatomically correct pile of bones by the skull, he was ready to start his first webinar (seminar on the web) conducted for some of his customers located in different parts of the United States. Site Solutions' specialty is site ergonomics, or adapting the workstation to the workers to prevent posture-related injuries. "I used to see people over an over and they would never get better, until I paid a visit to their workstation," said Meagher. Paying for the visit of an occupational therapist for each of your employees can prove a bit expensive. On top of that, some of Site Solutions clients are consultants who travel all over the United States, so the company imagined a product that would save time and money for the employers while helping employees improve their work station: a 30 minute interactive seminar over the internet, where the Occupational Therapist demonstrates correct behavior and the clients can ask questions either over the phone or by typing them live. For that first session, twelve Site Solutions clients were online. Once signed in they appeared on the control monitor in Moraga. In front of a web cam, Meagher demonstrated how to reach that neutral position that will save the life of your discs and tendons. He showed how to set a chair properly using his spine: the correct height for the chair, its distance to the workstation, the proper back inclination, the hip level, the arm angle to the rest of the body, the hands, the primary reach zone and many other aspects of ergonomics. All the while, clients were asking questions. After half an hour the clients had learned the basics to minimize the risk of injury and were given access to a posture guide. "A half-hour is short but it's enough to convey the essential elements," believes Meagher.

Site Solutions is located 346 Rheem Boulevard, in Moraga; to find out more about the webinar call 377-0199.

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