



## Health Services Committee

# Workstation Ergonomics and Injury Prevention (VIRTUAL PROGRAM)

Presented by

Dr. Mark Gugliotti, Associate Professor

New York Institute of Technology, Department of Physical Therapy

### Every 7 seconds a worker is injured on the job!



*Our workstations and how we use them can contribute to this alarming statistic.*

In this 45-minute session, you will learn:

- Basic do's and don'ts of your office space
- Office chair musts
- Mouse choice
- Preventative measures to help avoid headaches, neck aches, back aches, and whatever else ails you.

## Wednesday, November 1, 2023

### 2-3pm via Zoom

[REGISTER HERE](#)  
[VIA WILD APRICOT](#)

.1 CEU will  
be awarded

Free for NCLA members; \$15 for Non-Members

Email questions to Jeanne Strausman at: [jstrausm@nyit.edu](mailto:jstrausm@nyit.edu)