



## Meeting Agenda

**Thursday, May 11, 2017**

**8:30–9:30 a.m.**

**Rice Conference Room, Tompkins County Health Department**

*Light refreshments*

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|---|------|
| 1. Welcome, Brief Introductions & Announcements   | 8:30 |
| 2. Business:  | 8:45 |
| ➤ Any great ideas to share from your workplaces?  |      |
| ➤ You are invited to the Regional Executive Wellness Summit - June 1, 2017 - Binghamton                     |      |
| ➤ We need volunteers to help with “Put Fruit to work” – outreach to various groceries, promotion, marketing |      |
| 3. Presentation: Creating a Healthier Workspace: Office Ergonomics and Wellness by Todd Baker               | 8:55 |
| 4. Did you get what you need? Comments, Reflections, Adjourn  | 9:25 |

### **About our guest speaker:**

Todd Baker's presentation is made possible by [Midstate Council for Occupational Safety & Health](#). MCOSH provides grant-funded training to workers, unions and employers with the goal of reducing the incidence of disabling musculoskeletal and repetitive strain injuries among workers within the Southern Tier and Central NY regions.

Todd is Principal of Empowerment Ergonomics, an Ithaca-based consulting firm specializing in ergonomics and wellness services. He is also Lead Ergonomics Consultant for the Cornell University Musculoskeletal Injury Prevention Program. Todd has presented nationally on office ergonomics and work wellness topics and has worked extensively with regional employers to create more comfortable and productive workspaces.

Todd Baker will present Creating a Healthier Workspace: Office Ergonomics and Wellness. This fun, interactive group session will leave participants empowered to improve their personal work environments. Topics will include:

- Computing ergonomics principles
- Ergonomic seating
- Health risks associated with sedentary work
- Promoting movement at work
- Examples of work wellness programs