



The Latest Research on Sit-Stand Workstations with Dr. Carisa Harris-Adamson

Wednesday, February 1, 2017
10:30 AM - 11:45 AM (Pacific Standard Time)

Register at <http://www.coehce.org>

In this ergonomics webinar Carisa Harris-Adamson PhD, CPE, PT provides a review of the latest research on outcomes for sit-stand workstations.

Objectives

On completion of this webinar participants will be able to:

- Describe the research evidence from both short- and long-term studies for common health risks that result from prolonged static sitting and standing work activity
- Summarize 3 key points on the latest research regarding sit stand workstations
- Identify best practices for the use of sit stand workstations
- Identify areas of further research

Biography

Dr. Harris-Adamson is an Assistant Professor in the Department of Medicine at UC San Francisco and in the School of Public Health at UC Berkeley. She is also the Director of the UCSF/UCB Ergonomics Research & Graduate Training Program. Dr. Harris' current research ranges from epidemiological studies on healthy worker survivor bias in the assessment of physical, personal and work psychosocial factors associated with Carpal Tunnel Syndrome and subsequent work disability to the development of personal monitoring devices to quantify physical exposures on the individual level. She also collaborates on numerous other projects at the UC Ergonomics lab that explore the ergonomic improvements for endoscopists, hand-arm computer interactions (gestures), work related cardiovascular strain, sedantarianism and the impact of exoskeleton devices on manual material handlers.

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