

# Ergonomics and Work Safety Made Simple

A workshop sponsored by the Pleasanton Chamber of Commerce and Dr. Brian Hinck D.C. of Integrity Chiropractic.

[www.PleasantonChiro.com](http://www.PleasantonChiro.com)

## Topics include (but are not limited to):

- Historical perspective on ergonomics
- The relevance of ergonomics
- The ideal chair and workstation
- 9 tips for the notebook PC user
- 7 tips for the “seasoned” person
- 21 tips for those with spine pain
- 10 tips for those using a video display terminal  
and much more!

## Who should attend this course:

Employers, HR managers, employees with control over their workstation, as well as anyone who is concerned about how their work and/or home environment may be affecting them.



## Noon to 1pm

At the Pleasanton Chamber of Commerce  
777 Peters Avenue, Pleasanton, CA 94566

Space is Limited – Sign up Today!  
For reservations, contact Dawn Wilson:  
**Dawn @Pleasanton.org** or  
**925-846-5858**

**Tuesday  
July 10<sup>th</sup>, 2007**