



# Ergonomics Newsletter

## Winter Edition

**Vol. 2**  
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### Welcome to the Ergonomics Newsletter

This is the beginning of a new year for our newsletter. If you haven't seen us before that's OK. We started in 2018 and had 3 issues last year. They got printed up and placed around some break rooms and common areas on campus, so you might have missed it. Back issues are on the Ergonomic webpage, if you're interested (More on that in a moment.). As always, keep in mind that this is your newsletter. I am happy to tell you things that are good to know and do, but I am equally as interested in topics of concern from anyone on campus. The shape and tone of this newsletter will evolve over time to reflect the wants and needs of the campus community.

*Thomas Sneed*

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### The CSUEB Ergonomic Webpage is now live!

I have developed and published an Ergonomic webpage on the CSUEB website. There is a link on the CSUEB Staff webpage under "Health, Wellness, and Safety". You can also reach it directly by using the following URL.

<http://www.csueastbay.edu/riskmanagement/ergonomics/index.html>

The basics are there. Ergonomic information, a self-check guide for office workers, stretching and movement, and other resources. There is also an archive with back issues of this newsletter. It is a work in progress. I have more materials to upload to the site and other items that are still under development. As with this newsletter, the website belongs to you. If you have any questions, comments, wishes, or a critique, we welcome all the feedback that we can get. Let us know what you think.

### Ergonomic Activities for January thru March

#### Pre-scheduled events:

The following events occur during the lunch hour, food is allowed. Come a little late or have to leave early? That's OK. Notes and/or materials will be provided.

**January 30<sup>th</sup>, 2019**, Progressive relaxation, Noon-1:30pm, Library Biella Room (LI-2126). One of the oldest relaxation exercises developed in the west. Scripted and very easy to learn.

**February 25<sup>th</sup>, 2019,** Beyond stretching. Self-care for muscular aches and pains, Noon-1:30pm, Library Biella Room (LI-2126). Integrating stretching techniques with self-massage and relaxation.

**Events available to be scheduled:**

Ergonomic activities are available for any staff member, faculty member, or group who wants to participate, regardless of ability. Contact Thomas Sneed at X57687, 925-399-2305, or at [thomas.sneed@csueastbay.edu](mailto:thomas.sneed@csueastbay.edu).

This program is presented with the thought in mind that we are in a work environment. No special clothing or equipment is required.

I am available for department/group meetings or one on one instruction.

Typical offerings include:

Basic ergonomic techniques and guidelines for all job types.

Back safety classes.

Movement/stretching for any work type or body region.

Basic core strengthening and balancing techniques.

More complex or specific activities (breathing, mindfulness, Tai Chi Ch'uan, etc.).

Please contact me with any questions or suggestions. Whether you participate in an on campus activity or not, do something for yourself every day.

## **Current Ergonomic Topic**

This section is typically reserved to provide information about trending ergonomic topics, recent ergonomic research, and other interesting subjects. This month, instead of choosing a topic to share, I would like to issue a request. Think about your work day..., what works well, what does not work so well. It could have to do with the work process, your equipment or tools, or how you cope with the tasks that you need to do. Also, if your curious about an issue that seems to be ergonomic related, let me know. It could be from an article that you read or a conversation that you may have had. If you find something that intrigues you, tell me. We can have a discussion about it and it may make a future edition of the newsletter. All questions and requests are welcome and all submissions will be answered whether they make it to the newsletter or not.

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