



The Residential Construction Safety Group (ResCon) is an organized team of leaders comprised of safety professionals, government employees and other service providers. Our mission is to increase awareness and improve the safety culture for business owners and safety professionals in the residential construction market through the provision of safety forums, events and support teams in which they can participate. Additionally, the ResCon Safety Group provides regulatory updates, leadership commitment and an atmosphere of sharing and education.

## Ergonomics: Practical Solutions for the Residential Construction Industry

ResCon Safety Group

Friday, February 12, 2010

Time: 8:30 - 9 a.m. check in, 9 a.m. - 11 a.m. meeting

Location: MBA Housing Center, 335 116th Ave. SE, Bellevue

RSVP to: Jayme Mattson, (425) 749-6101, [jayme@greylundberg.com](mailto:jayme@greylundberg.com)

Cost: Free!

Join our two speakers as they discuss ergonomic solutions for the residential construction industry.

### ***Diane Lee***

Diane Lee, with the Department of Labor and Industries has worked as an ergonomist since 1994. She has a Master's of Science degree in Occupational Ergonomics from the University of Massachusetts Lowell.

Current position: 9 years with Department of Labor and Industries – providing ergonomics assistance to employers and workers throughout Washington State. Industries served: warehouse and distribution, waste management, construction, utilities, healthcare, manufacturing, restaurant, grocery, food processing, and office settings.

Other experience: City of Seattle (Seattle City Light – electric utility), Independent Consultant (industrial facilities, offices, pulp and paper mills), Researcher at UMASS Lowell (construction industry – Big Dig).

The goal of her presentation is to help you apply ergonomics principles to your everyday life, so that you can go home from work without aching and finish your career without wearing out your body. Common risk factors will be discussed, which include heavy lifting, awkward lifting, carrying, and awkward postures. Practical solutions will be provided to help you reduce your risk for injury.

### ***Annie Malone***

Annie Malone, Wellness Coach and Owner of Full Circle Health and Safety, specializes in wellness programs which include flex, stretch and nutritional wellness. She teaches organizations how to be proactive with the health and safety of their employees instead of only reactive to the employees' injuries and health issues. Annie believes the only way to reduce costs is to invest in the future.

The goal of her presentation is to help teach you how to create a safe work environment thru flex and stretch programs as well as nutritional wellness.