

# AGENDA

## Ergonomic "Office Assessment" Session

*Developed by: BC Public Service Agency and  
BC Government and Service Employees' Union*

- 9:00 Housekeeping/Introductions
- 9:15 Mapping Exercise
- ✚ What is:
    - Ergonomics
    - Musculoskeletal Injuries (MSI)
  - ✚ Cause of MSI
  - ✚ WCB Ergonomic Requirements, OSH Regulation 4.46-4.53
  - ✚ Article 22.18
  - ✚ Signs and Symptoms
- 10:15 Break
- 10:30 Signs and Symptoms - continued
- 10:45 Video
- 11:00 Prevention
- 12:00 Lunch
- 1:00 Preparation for Work Station Assessments
- 1:30 Assessments
- 2:30 Break
- 2:45 Review Assessments
- 3:30 Question/Answers
- Evaluations
- 4:15 Finish