



## Workshop Participants Speak:

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### **Feedback from Participants in *Back in Control™, Don't Be Forced Out, 3-A's of Office Ergonomics and No-Lift Moves and Transfers™* Programs**

- We all read and hear about ergonomics and try to apply principles, but to have the personal attention makes such a difference in my perspective. Thank you – wish I had you in 2 years ago.
- Excellent presentation: simple, practical and realistic.
- Should be dispersed to the general public – teach our kids in school.
- I now realize I have a choice in making tasks easier rather than harder. I learned a lot.
- Good visuals and new information “unknowns” for safety in the workplace.
- Very practical tips. Great class - would recommend to others.
- Learned to work effectively using the center of gravity and not using too much force.
- Very engaging – keeps the audience involved.
- Barbara never makes staff feel dumb or lacking in skills or knowledge.
- I learned a lot about things to be aware of to avoid injury in workplace and prevent MSI.
- Excellent workshop, knowledgeable instructor. I actually learned some new approaches and techniques to an old problem.
- I now recognize the high risk at my work place and am able to handle in a better way.
- Workshop was upbeat and fun. Great for brainstorming about creating a safer workplace and better way to do things.

“The format worked well for our staff. The group session provided information that assisted staff in monitoring individual work habits to minimize the potential for injuries. The personal consultations proved helpful and allowed for one-on-one assessments of individual workstations. It was a very informative session. I know that a number of our staff have already noticed significant improvements from the changes that we have implemented. Thank you – it was a pleasure working with you.”

*T. Moy, Retail Manager, Oakridge Centre, Vancouver, BC*

“The Back in Control workshop was informative and made our staff more aware of some problem areas in the way we do things. Barbara was an excellent instructor,”

*Dr. Ed O'Brian, West 10<sup>th</sup> Dental Centre, Vancouver, BC*

“Due to the number and frequency of injuries with our aging staff, we are in desperate need of preventive strategies and motivation toward personal fitness of the caregiver. We will definitely make use of the knowledge and skills promoted by this session. The staff really enjoyed the workshop and have been stimulated to report before an injury happens.”

*P. Lemon, Clinical Resource Nurse, Fraser Health Authority*