

## Free 2-Day Seminar

**March 29 & 30, 2006**

**Wed. March 29 8:30 am - 4:30 pm**

**Thur. March 30 8:30 am - 4:30 pm**

Registration and Complimentary Continental Breakfast  
7:30 am – 8:30 am March 29, 2006  
Lunch and afternoon snacks will be served on both days

**State Compensation Insurance Fund  
2275 Gateway Oaks Drive  
Sacramento, CA 95833**

Name		
Title		
Company Name		
Type of Company/Organization/Policy Number		
Phone	Fax	
Address		
City	State	Zip
E-Mail Address		

### SPACE IS LIMITED

Please register by mail, fax, phone or e-mail by  
**Monday - March 20, 2006**

#### To register by mail

Complete the Registration Form and mail to:  
State Compensation Insurance Fund  
Attn: Lori Christensen  
P.O. Box 254700  
Sacramento, CA 95865-4700

#### To register by telephone/fax

Call Lori Christensen at (916) 924-4794. Leave a message with your name, phone number, and the number of people attending from your company. You may fax the registration form (916) 567-4800.

#### To register by e-mail

E-mail the registration information to:  
llchristensen@scif.com

State Compensation Insurance Fund  
Attn: Lori Christensen  
P.O. Box 254700  
Sacramento, CA 95865-4700

State Compensation  
Insurance Fund  
Sacramento District Office  
p r e s e n t s

# Office Ergonomics Workshop

- UNDERSTAND RISK FACTORS
- IMPROVE COMFORT
- INCREASE PRODUCTIVITY

**A Free Workshop  
March 29 - 30, 2006**

Available Parking

Sponsored by  
Safety and Health Services Department

PRSR STD  
U.S. POSTAGE  
P A I D  
Permit #668  
Redwood City, CA

# OFFICE ERGONOMICS

- Understand the development of work-related musculoskeletal disorders in the office workplace.
- Gain a working knowledge of the ergonomics problem solving process.
- Apply ergonomic intervention strategies to common office problems.
- Develop an ability to present a customized office ergonomics training program.
- Provide assistance and be a resource to your employees so that they can be a partner in solving their office ergonomics issues.
- In addition, you'll receive the Ergonomics CD, "*Ergonomics: How may we help you?*" plus training on how to use it.

## PRESENTERS

*R.J. Banks, MS, CIE*

R.J. Banks is a Board Certified Industrial Ergonomist and is the Supervisor of the Ergonomics Services Unit in the Safety and Health Services Department of the State Compensation Insurance Fund of California.

R.J. holds memberships in the American Industrial Hygiene Association, American Society of Safety Engineers, Human Factors and Ergonomics Society, and the National Safety Management Society.

E-mail address: [rjbanks@scif.com](mailto:rjbanks@scif.com)

*Chris Shulenberger, MS Engr., CPE*

Chris Shulenberger is the Director of Ergonomics for Clayton Group Services, a nationwide Occupational Health and Safety services provider. He has a degree in Mechanical Engineering from Stanford University and he is a member of several professional industrial organizations including Human Factors and Ergonomics Society, Institute for Industrial Engineers and the American Industrial Hygiene Association.

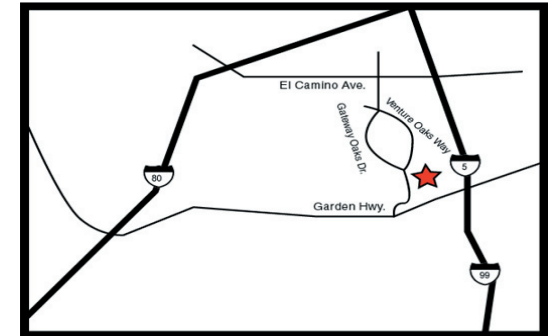
E-mail address: [cshulenberger@claytongrp.com](mailto:cshulenberger@claytongrp.com)

## DATES AND LOCATION

**City:** Sacramento

**Dates:** March 29 & 30, 2006

**Place:** State Compensation  
Insurance Fund  
2275 Gateway Oaks Dr.  
Sacramento, CA 95833



### Directions

#### From the West (S.F. Bay Area):

- 1) Take I-80 towards Reno. Take W. El Camino exit, turn right and go 9/10 mile to Gateway Oaks Drive. Turn right onto Gateway Oaks Drive.
- 2) Take Business 80 to I-5 North (Redding). Take I-5 North to Garden Highway exit (first exit after Richards Blvd.). Turn right under freeway onto Gateway Oaks Drive.

#### From Stockton and South

Take I-5 North towards downtown. Take Garden Highway exit (first exit after Richards Blvd.). Turn right onto Gateway Oaks Drive.

#### From Sacramento Airport and North

Take I-5 South towards downtown. Take Garden Highway exit (just after the juncture of I-5 and I-80 but before downtown area). Turn right onto Garden Highway. Turn right onto Gateway Oaks Drive.