

Centre of Research Expertise for the Prevention of  
Musculoskeletal Disorders (CRE-MSD) presents

# REDUCING FATIGUE AND PREVENTING MSDs IN THE WORKPLACE



## Program

### The Importance of Neuro-muscular Fatigue at Work

*Speaker: Richard Wells, University of Waterloo*

### Designing Jobs in Manufacturing: Rest Allowances

*Speaker: Patrick Neumann, Ryerson University*

### Preventing Fatigue During Repetitive Tasks: Predicting Maximal Acceptable Loads Using Fatigue Curves

*Speaker: Jim Potvin, McMaster University*

### Fatigue During Prolonged Sitting and Standing

*Speaker: Jack Callaghan, University of Waterloo*

### Relationships Between Physical and Mental Fatigue and Task Performance

*Speaker: Ranjana Mehta, Michigan Technological University*

### Healthy Office Work: Rest Breaks and Movement

*Speaker: Michelle Robertson, Liberty Mutual*

### Panel Discussion with Audience Questions

*\*Program subject to change*

Fatigue of the neuro-muscular system can lead to both short and longer term effects.

#### ***In the short term:***

reduced performance, discomfort, reduced worker satisfaction, increased incidence of accidents, reduced productivity, and reduced quality of work

#### ***In the longer-term:***

consequences potentially include myalgia, burnout syndromes, reduced quality of life, and increased risk of MSDs

Come and find out about the importance of considering fatigue in the workplace and the implications for prevention programs

The conference is presented by CRE-MSD in conjunction with AUTO21.

**December 4th, 2012 8:30am – 3:30pm**

Centre for Health and Safety Innovation (CHSI)  
5110 Creebank Road, Mississauga, Ontario

Registration fee:

Register by November 26th - \$75

Register after November 26th - \$100

Register online: [www.cre-msd.uwaterloo.ca/Fatigue\\_Conference\\_2012.aspx](http://www.cre-msd.uwaterloo.ca/Fatigue_Conference_2012.aspx)

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