

FALL 2019 COLLOQUIUM SPEAKER

Smart Body Management

Dr. Blackwelder's ergonomic training, known as Smart Body Management, seeks to teach employees how to use their bodies efficiently in all aspects of their job as well as their personal life. Whereas Ergonomics typically focuses on the types of tools we use, and where to place them, Smart Body Management deals with employee habits, posture and work technique. The participant will learn about the mechanism of all musculoskeletal injuries, why one may experience frequent, nagging aches and pains and how to effectively get rid of them and keep them at bay. This training is an engaging, interactive experience that helps to motivate people to make positive changes in their daily habits which will have a profound impact on their well-being. Successful application of Smart Body Management principles provides the individual with increased energy, less aches and pains, a reduced risk of injury and an improved quality of life!

.....

OCT. 16, 2019 | WINSTON CHUNG HALL 205/206 | 1 PM - 2 PM



Clyde Blackwelder

Ergonomic Specialist, Workplace
Health and Wellness/Human
Resources, University of California,
Riverside

Dr. Blackwelder is a Chiropractor and a Certified Industrial Ergonomist. He has been providing Smart Body Management training to industry for over 20 years. His clients include city and county governments and various public agencies throughout Southern California as well as major corporations and small businesses on a National scale. He served as the Ergonomic Specialist for UC Irvine Medical Center from 2008 – 2012 and developed and implemented Safe Patient Handling training for nurses and care givers at UCLA and UC San Diego Medical Centers. He is currently the full-time Ergonomic Specialist for UC Riverside.