



# NEBA News

January- February 2006

## Ergo-Therapy Program

At our January meeting our guest speaker was Robert Lisson. Robert is a co-owner of Innovative Rehab Care, Inc. a local physical & occupational therapy clinic. He is an experienced presenter of injury prevention, functional testing, and disability management programs.

Robert graduated from Dalhousie University in 1997 with a degree in Occupational Therapy. Upon graduation he took his first job here in Tallahassee at a local hospital, however, his career ambitions were calling him to provide rehabilitation services to employers and he returned to Newfoundland to manage a small clinic servicing the workers compensation board.

In 2000 he returned to Tallahassee to start a therapy clinic with two local therapists. There clinic has been increasingly known within the medical community and Robert plans making 2006 the year he expands services to employers.

### **ERGO-THERAPY PROGRAMS** **ERGONOMICS**

*The term "ergonomics" is derived from two Greek words: "ergon", meaning work and "nomoi", meaning natural laws. Ergonomics is the study human*

*capabilities in relationship to work demands. Innovative Rehab Care's approach to workplace ergonomics focuses on achieving sustainable gains in productivity while reducing costs associated with workplace injuries. Ergo-Therapy programs offer a quantifiable means to reduce the incident rates and lost work days experienced by employers while providing a significant return on Investment (ROI).*

### **ERGO-THERAPY**

ERGO-THERAPY is an advancement in rehabilitation. Licensed physical & occupational therapists conduct job-specific, on-site ergonomics training, preventing injuries before they occur. His programs are designed to reduce injuries such as repetitive stress injuries and carpal tunnel syndrome,

### **Try this ERGONOMICS CHECKLIST:** **CHAIR**

Look at the depth of the seat pan. Is there a small gap (2 to 4 inches) between the back of your legs and the front edge of the seat pan? Does the curve of the back of the chair fit into your low back? With your shoulders relaxed, are the armrests slightly below your elbows, and do your arms hang



comfortably at your sides?

### **KEYBOARD & MOUSE**

With your shoulders relaxed and your fingers on the home row of keys at the same height as your elbows or slightly below your elbows?

Is the mouse positioned at the same height as the keyboard? Can you get your chair close enough to your keying, mousing, or writing surfaces without reaching?

### **ORGANIZING WORKSPACE**

Are you able to use your work

Please see "ERGO" on page 3

*Inside this issue...*

## North East Business Association

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Leon County Sheriff's Office  
**Rich Blankenship**-President-Elect  
Blankenship & Poppell LLC  
**Kurt Tellers-Secretary**  
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**Barbara Clements**-Treasurer  
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Blue Chip Realty

### NEBA News

#### Editors:

**Maureen Thompson- Media Options**  
**Nancy Burns- Leon Co. Sheriff's Office**

The North East Business Association publishes NEBA News bi-monthly. Articles of interest are welcome. Publication of submitted materials is subject to review and space available. Article deadline is the 1st day of the month of publication.

Send articles, letters, photos or suggestions to: NEBA News at the following email addresses:  
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or FAX-850-893-4097

For additional information phone  
Maureen Thompson at 850-668-0948 or  
Nancy Burns at 850-922-3331

## Welcome to Our NEBA Board

As 2006 commences, we welcome the new Officers and Directors of NEBA. At our monthly meeting on January 10th, a new slate was unanimously approved by the membership. Following are the individuals who have agreed to take leadership roles for the coming year.

### Officers:

**Nancy Burns**- President-  
Leon County Sheriff's  
Office

**Rich Blankenship**-  
President-Elect-  
Blankenship & Poppell  
LLC

**Kurt Tellers**-Secretary-  
St. James Certified Prop-  
erty Mngement

**Barbara Clements**-  
Treasurer-  
Clements Financial Ser-  
vices Inc.

**Maureen Thompson**-  
Past President-  
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### Board of Directors:

**Peggy Munroe**  
Mays & Munroe

**Scott Hunt**

Hunt Insurance Group

**Ted Thomas**

Thomas Appraisals & Real  
Estate

**Jim Ashlock**

**Jerrell Lowery**

State Farm Insurance

**Bill Moore**

Tallahassee State Bank

**Carolyn Pippenger**

Sign Printers

**Mark Grafton**

Blue Chip Realty

Please don't forget to thank these professionals for their hard work, and for making NEBA the vibrant organization that it is today!

One of the challenges our board is presenting this year is to up the membership. ...m,..

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# Thanks For The Toys!



The NEBA would just like to take a moment to thank all of you who contributed toys during the NEBA Holiday party on December 13th. There were so many great gifts that we are sure many children were certainly delighted to receive them.

We are proud to have been a part of the Toys for Tots campaign. Toys for Tots is a message

of hope for the future that has motivated youngsters to grow into responsible, productive, patriotic citizens and community leaders. Toys for Tots has earned the distinction as a program which plays an important role in helping youngsters emerge from a background of poverty to adulthood as assets to society. Toys for Tots not only benefits

children, but also has a positive impact on communities, on businesses - large and small, on the Marine Corps and on the nation. Toys for Tots is one vehicle for addressing the issue of poverty among children.

Thanks also to Will and Jennifer Messer for hosting a delightful Holiday party. We hope everyone had a joyful holiday season.

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## “ERGO” from front page

surface and equipment without overreaching or using awkward postures?

### MONITOR

Is it in front of you and the top line of print is at or just below eye level or even lower if you wear bifocal, trifocal, or progressive lenses; AND are you able to scan the screen from top to bottom using only eye movements, not head movements?

Robert’s program provided many thought provoking issues dealing with the design of your workplace environment. His company offers different types of workshops/lectures to help employers deal with the ergonomics of their businesses.

Some of these workshops/lectures include:

### TRAIN-the-TRAINER

This information-packed workshop is designed to help you establish and maintain a successful office ergonomics initiative. From understanding the basics of ergonomics, to recognizing and

mitigating ergonomics risk, this session will provide you with practical, easy-to-apply methods that work.

### ERGONOMICS LECTURE

The goal of this lecture is to increase the office employees awareness of ergonomic issues in the workplace. The lecture will teach attendees how to minimize their ergonomic risks through proper technique at work and at home. In addition, simple techniques for enhancing the ergonomics of their workstations ‘within their control’ will be emphasized.

### INDIVIDUAL ERGONOMIC EVALUATIONS

Therapists provide one-on-one education on “how to” adjust equipment and prevent ergonomic risk factors. Objective measurement and documentation of the workers’ current set up and changes provided.

Upon request, recommend on equipment and/or modifications that will result in reduction of workplace injuries.

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## Job Well Done

The North East Business Association sends our deepest appreciation to outgoing Board Members Angie Hearl and Will Messer for their contributions and service to the NEBA. Best of luck to both of you in your future endeavors.

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The North East  
Business  
Association would  
like to wish all of  
our members a  
happy, healthy  
and prosperous  
New Year  
2006!

# Calendar

NEBA meetings are held on the second Tuesday of each month at Lucy Ho's- 1700 Halstead Blvd. from 1:00 p.m.- 2:00 p.m. Cost is \$9.00 per person

February 14- Patrick Dorsey- Tallahassee Democrat

March- April- May- Tentative speakers and topics- County Chairperson, Bill Proctor- Sheriff Larry Campbell, communications and Hurricane/ Emergency preparedness for Businesses

## Editor's Message

As the New Year begins, we the editors would like to remind all of the members of the North East Business Association that the NEBA NEWS is for your use as a business tool. Please use the newsletter as a forum to address issues, promote a project your business may be involved in or for other business topics fellow NEBA members might find of interest. We also are always looking for articles relating to small business issues.

We also encourage all of you to invite your neighboring businesses to attend our meetings and join the North East Business Association. May your business prosper in the coming year.

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