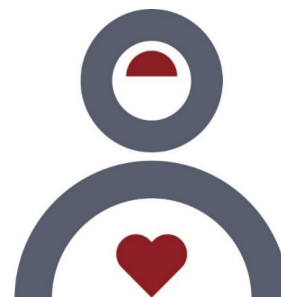


OCCUPATIONAL THERAPY WEBINAR SERIES



PSHSA is excited to support workers and employers with a summer series of FREE, one-hour webinars on emerging topics in the field of occupational therapy as they relate to workplace health and safety. These lunchtime webinars will provide human resources professionals, occupational health and safety professionals, managers, supervisors and workers with information and guidance on a number of health and safety topics.

THE EMERGENCE OF VIRTUAL HEALTH IN THE WORKPLACE

JULY 22, 2020 - 12:00-1:00 PM

We live in a fast-paced world, and people are seeking more services at their fingertips. Virtual health is widely accessible and helps reduce costs to organizations and workers. Plus, more and more research is emerging regarding its effectiveness.



Now more than ever, organizations are investing in the health and well-being of their workers. Workplace health and safety solutions are expected to expand greatly over the next five years, and digital health solutions will play a critical role in this expansion. Join us to learn more about virtual health and its potential within your organization.

[Register Now](#)

CLOSING THE GAP ON RETURN TO WORK

JULY 29, 2020 - 12:00-1:00 PM

Return to Work (RTW) planning can be a struggle for any organization, but it's critical for organizations to have a strong RTW program in place to help support their workers in making a full and healthy transition back to work.



To help enhance understanding of available RTW supports, this session will provide information on the role of occupational therapy and occupational health and safety in the RTW process. We will also provide concrete resources that can be used in the development of your organization's RTW program.

[Register Now](#)

A HOLISTIC APPROACH TO HOME OFFICE ERGONOMICS

AUGUST 5, 2020 - 12:00-1:00 PM

Working from home? Sitting at your dining room table on a hard wooden chair? Cozying up on your couch with your laptop? Working without the proper ergonomic setup is an occupational hazard as it significantly increases your risk of developing a number of musculoskeletal conditions. Even though you may not have access to a fancy ergonomic office chair or sit-stand desk doesn't mean the environment can't be modified for the better. It's crucial that remote workers take the necessary steps to ensure they have the best possible home office setup in place with the resources they have access to.



In this webinar, we will touch on some of the most common ergonomic challenges we experience in the home setting as well as demonstrate exercises that can be used to combat injuries associated with working from home.

Register Now

Want to learn more about the role of occupational therapy in occupational health and safety? We want to hear from you!

Contact us at OT@PSHSA.CA



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