



# OCCUPATIONAL ATHLETES

## An Overview of Workplace Injury Prevention and Rehab

OCTOBER 25, 2019

<b>LOCATION</b>	<b>MAHEC Education Building</b> Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803
<b>DATE</b>	<b>Friday, October 25, 2019</b>
<b>REGISTRATION PROGRAM</b>	7:30 am–8:00 am ( <i>light breakfast provided</i> ) 8:00 am–4:15 pm ( <i>lunch provided</i> )

Early registration fees available through October 18, 2019!

<b>OTs &amp; PTs</b>	<b>\$140.00</b>
<b>OTAs, PTAs, &amp; NURSES</b>	<b>\$125.00</b>
<b>HEALTHCARE PROVIDER STUDENTS</b>	<b>\$50.00</b> ( <i>must provide student ID at check-in to qualify</i> )
<b>MAHEC EMPLOYEES</b>	<b>FREE</b> ( <i>must register to attend</i> )

### DESCRIPTION

Healthcare providers who wish to include workplace injury prevention and/or work injury services, or those looking to obtain skills necessary to develop a consulting program to build partnerships with employers, will benefit from this foundational course.

Healthcare providers, safety professionals, and human resource experts face common goals in creating healthier and safer environments for their employees, while improving their employers' bottom lines. Building coalitions are key to success. Evidence-based, cost-saving programs must improve short-term health and fiscal outcomes while simultaneously promoting a long-term, health-driven, organizational culture. Through this perspective, workforce members who use their bodies to feed themselves, their families, and their communities are akin to professional athletes.

Course participants will learn how applying sports and integrative medicine models to corporate and industrial workplaces can create a cultural shift that elevates workforce self-image and self-responsibility. This in turn enhances leadership communication and cooperation towards the common goal of a healthier, more productive workplace. Course participants will learn to develop methods for evaluating multi-task jobs in manufacturing, office, and healthcare settings. All will benefit from this practical, conceptual framework and model.



Stay connected! Follow us on Facebook: @MAHECED

### AUDIENCE

OT/OTAs, PT/PTAs, Nurses, and other interested healthcare providers and healthcare provider students.

### OBJECTIVES

Upon completion of this live educational activity, participants will be able to:

- Utilize a practical and conceptual framework upon which to confidently pursue professionally rewarding work in workplace injury prevention and rehabilitation
- Effectively discuss challenges and opportunities in the ever-evolving quest for injury prevention, workforce optimization, safety and health with other healthcare providers, environmental health & safety professionals, human resources experts, and senior organization leadership
- Engage critical evaluation skills when encountering inflated contractor, vendor, and practitioner claims in the marketplace for more informed decision-making for all—and more honest claims of effectiveness
- Relate the difference between often expensive/existing models of downstream disease management versus the emerging/low-cost upstream opportunities inherent in integrative sports medicine to expand the definition of health, healthcare, and describe what a healthy workforce looks like
- Regard members of their client's workforce as fully functional professional athletes, utilizing this shift in perspective to better understand the worksite corollaries between their client's personnel—and coaches, trainers, general managers, and athlete models

### FACULTY

**Matt Jeffs, DPT, PSM, CEAS**, is a Physical Therapist, Safety Management Professor, certified TaijiFit™ instructor and an Ergonomic Specialist Educator.



## PROGRAM AGENDA

CLICK HERE  
TO REGISTER

- 7:30–8:00** Registration and Check-in  
(light breakfast provided)
- 8:00–9:30** New Opportunities in Healthcare:  
Introduction to the Practical and Conceptual  
Framework of Ergonomic Health & Safety  
and Occupation Athletics
- 9:30–9:45** Break
- 9:45–10:45** It All Starts with a Plan: Data-Gathering  
in the Prevention Phase of Continuous  
Improvement for the Ergonomic Health  
& Safety Specialist
- 10:45–11:45** Putting the Plan into Motion: Data  
Application in the Performance Phase of  
Continuous Improvement for Ergonomic  
Health & Safety
- 11:45–12:30** Lunch (provided)
- 12:30–1:30** Checking the Plan's Progress: Real-Time  
Evaluation in the Assessment Phase of  
Continuous Improvement for Ergonomic  
Health & Safety
- 1:30–2:30** Adjusting the Plan's Lens: Recalibrating  
in the Recovery Phase of Continuous  
Improvement for the Ergonomic Health  
& Safety Specialist
- 2:30–2:45** Break
- 2:45–4:15** Putting It All into Practice: Practical  
Applications of the Conceptual Framework  
of Ergonomic Health & Safety and  
Occupation Athletics in the Real World
- 4:15** Adjourn

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

## CREDITS

**NCBPTE:** MAHEC, as part of the NC AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **7.0** contact hours.

**OTs/OTAs:** As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **7.0** CCAs. Please select contact hours for your certificate.

**CEUs:** Mountain Area Health Education Center (MAHEC) designates this live continuing education activity as meeting the criteria for **0.7** CEUs as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** Mountain Area Health Education Center (MAHEC) designates this live continuing education activity as meeting the criteria for **7.0** contact hours.

## REGISTRATION

**Early registration deadline: October 18, 2019**

The registration fee is \$140.00 for OTs and PTs; \$125.00 for OTAs, PTAs, and Nurses; \$50.00 for Healthcare Provider Students (must provide student ID at check-in in order to qualify); and FREE for MAHEC Employees (must register in order to attend). These fees include administrative costs, educational materials, a light breakfast, and lunch. If your registration is received after the above deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exception is for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than 2 full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

## DIRECTIONS

**MAHEC Mary C. Nesbitt Biltmore Campus**  
121 Hendersonville Road, Asheville, NC 28803

**From I-40 E:** Take Exit 50 and turn left onto Hendersonville Road.  
**From I-40 W:** Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

**From 19-23 (I-26):** Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right up that driveway to the MAHEC Biltmore Campus.

➔ [Click here to view currently available programs](#) ←

### HAVE A QUESTION?

#### Contact the Program Planner

Rosalyn Wasserman, PT, DPT

[rosalyn.wasserman@mahec.net](mailto:rosalyn.wasserman@mahec.net) or 828-257-4437



### Special Services

828-257-4485

### REGISTRATION INFORMATION

828-257-4475

### FAX REGISTRATION

828-257-4768

### ONLINE REGISTRATION

[www.mahec.net/cpd](http://www.mahec.net/cpd)

### EMAIL

[registration@mahec.net](mailto:registration@mahec.net)

### MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

# OCCUPATIONAL ATHLETES

An Overview of Workplace  
Injury Prevention and Rehab

OCTOBER 25, 2019

Updated contact information.

NAME \_\_\_\_\_

CREDENTIALS \_\_\_\_\_

SOCIAL SECURITY # XXX-XX-\_\_\_\_ (last 4 digits required)

OCCUPATION \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME COUNTY \_\_\_\_\_

HOME # \_\_\_\_\_ WORK # \_\_\_\_\_

EMPLOYER \_\_\_\_\_

DEPARTMENT \_\_\_\_\_

EMPLOYER'S ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK COUNTY \_\_\_\_\_

*Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.*

Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE  Vegetarian  Gluten-free  Vegan

**SELECT YOUR RATE**

<b>OTs &amp; PTs</b>	<input type="checkbox"/> \$140.00	<input type="checkbox"/> \$155.00 after 10/18/19
<b>OTAs, PTAs, &amp; NURSES</b>	<input type="checkbox"/> \$125.00	<input type="checkbox"/> \$140.00 after 10/18/19
<b>HEALTHCARE PROVIDER STUDENTS</b>	<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$65.00 after 10/18/19 <i>(must provide student ID at check-in)</i>
<b>MAHEC EMPLOYEES</b>	<input type="checkbox"/> FREE <i>(must register in order to attend)</i>	

*Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.*

Check is enclosed  Credit card information provided

Visa  MasterCard  Discover Card  American Express

ACCOUNT # \_\_\_\_\_

EXP \_\_\_\_ / \_\_\_\_ CODE ON BACK OF CARD \_\_\_\_\_ (3 digits)

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Send completed registration form to: #20AH002/59551  
MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803 Fax: 828-257-4768