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see pg. 4



OHS Advisory Board Member, Frank Maguire's ErgoExpo keynote address was a major success! A special thank you to all of those who attended.

Welcome!

Welcome to the second issue of **Forward Momentum**, where we will discuss how to optimize, protect and empower your workforce. OHS is all about you -- your business, your future, your forward momentum.

In this issue, we will recap OHS Advisory Board Member, Frank Maguire's keynote speech and continue with "MSDs, Preventive Health and You: A Three Part Endeavor" with "Part II: Preventive Health—Around the Nation and in the Office." We will talk about how the American government is taking a stand on preventive health and what this means for you, especially in dealing with chronic conditions like musculoskeletal disorders in the workplace.

Make sure to check out our special Ergonomics Stimulus Package on page 4—a great way to jump start your ergonomics program in 2010.

Your Partner In Health,



ErgoExpo Keynote Address

OHS' own Advisory Board Member, Frank Maguire, was keynote speaker at the National Ergonomics Conference and Exposition (NECE) in Las Vegas this November. Frank was a founding member of FedEx Worldwide; former head of programming for ABC Radio Networks; communications consultant to Presidents John F. Kennedy and Lyndon B. Johnson; and right hand man to KFC founder and pop-culture icon Colonel Sander. In his stirring presentation, "Motivation, Inspiration and Ergonomics," Frank discussed the importance of ergonomics from a human standpoint, and how organizations can look beyond "survival mode," and use ergonomics to help their people thrive. He also spoke to ergonomists directly, using personal anecdotes and motivational stories to assure us that in this time of great challenge, there is also great opportunity.

Contact OHS if you would like a copy of Frank's slides, or an audio version of the presentation.

See "Keynote," pg. 2

Did you know?

\$1 billion of the Recovery Act budget will be used specifically for prevention and wellness programs to improve the general health of the American people and reduce the enormous costs associated with reactive healthcare.

See pg. 2





During his speech, Frank had the audience hold hands, making the point that, though we are in different organizations, we need to work together to ensure the ongoing and future success of workplace ergonomics.

“MSDs, Preventive Health and You: A Three Part Endeavor”

Part II: Preventive Health—Around the Nation and in the Office

-Jessie Hochhalter and Rick Spencer,
Omega Health Systems

Can preventive healthcare simultaneously improve the wellness of Americans *and* reduce costs? Opponents of preventive healthcare spending point out the difficulty of quantifying overall savings. But with chronic conditions being the leading cause of death worldwide, spanning all regions and socioeconomic levels—and steadily accelerating—preventive healthcare is hard to ignore. According to the World Health Organization, noncommunicable diseases account for more than 75 percent of deaths in the United States and more than 80 percent in Europe.¹

In the previous installment, we discussed a particular chronic condition: musculoskeletal disorders, or MSDs. We explored the heavy costs and complications that can arise from very preventable causes.

See “MSDs,” page 3

“Keynote,” cont.

Here is what some attendees had to say:

“I found it useful, informative and thoroughly entertaining. His personalizing the information with his own experiences, and the insights into some of the iconic folk that he has worked with made the presentation even more entertaining. I particularly enjoyed the homilies he used to identify his points, it gave a very informal and personal feel to the presentation.”

*David M. Goldojarb, M.S.,
Disability Case Manager/Ergonomist
Pratt & Whitney Rocketdyne, Inc.*

“I enjoyed Mr. Maguire’s Keynote Speech very much. It was by far the best keynote speech I have heard at NECE in all my years of attendance. I felt like he was speaking directly to me and felt moved and empowered by his stories. I am an eagle and I will fly like an eagle....”

*Naz Dardashti, CPE
Certified Professional Ergonomist
ERGONAZ, INC.*

“Frank Maguire’s Keynote address at the 2009 National Ergonomics Conference & Expo was the best yet! Mr. Maguire’s message was both motivational and inspirational, touching the heart as well as the mind. I came away with simple and specific tools to use to improve my communication and listening skills, and the excitement to apply them. Many thanks!”

*Robin Cyr
Occupational Health Manager
S.M. Stoller Corp.*