

# . REDUCING OCCUPATIONAL HEALTH RISKS

Austin Community College's Highland Learning Center campus

Main Building, Rm 2212 (2nd floor, inside hallway)

**Part 1** - August 3rd & **Part 2** - August 10th: 9:00 am - 1:30 pm

Presented by Holly Warren-Norman & Terri Tivis



**Part 1:** will cover the history of repetitive motion injuries (RMI) and occupational health risks among interpreters. Interpreters will become familiar with differing terminology used to describe RMI and physical, emotional and psychological signs and symptoms of pain and job risks. Medical assistance; i.e. physicians, therapists and medications, therapies and treatments will be discussed. Also the first preventative measure of dietary management of pain. **Part 2:** The remaining five preventative measures of neuromuscular re-education to stress management. Dean and Pollard's research as to what types of interpreting environments create more stress as well as the 2008 "RIT Study: Sign Language

Interpreters at High Ergonomic Risk" will be presented in this workshop. **Part 1:** Participants will have a light brunch provided. **Bring a lunch.** **Part 2:** Participants will warm-up with a short cardiovascular exercise and will do some flexibility/stretching exercises. Strengthening/weight training ideas will be included in the discussion. Ergonomics of what the interpreter can do to prevent RMI will be looked at in both the work environment and in his/her daily life. Accessing agencies and insurance for help if RMI occurs will wrap-up the workshop. **Bring a blanket or yoga mat** to the workshop. **Wear comfortable clothes. Bring a lunch.**

**.4 BEI/RID CEUs/workshop or .8 CEUs TOTAL for BOTH**

## REDUCING OCCUPATIONAL HEALTH RISKS WORKSHOP REGISTRATION

Name:

Address:

City, State & Zip Code:

Email Address:

Phone number:

Day(s) registering for:

Workshop Fee: \$50/day (Part 1 or 2) or \$90 for both. ACC faculty/staff or ACC student rate \$45/day or \$80 for both.

Make check or money order out to **Terri Tivis** or use Venmo. If you have never used this service, let me know your preference, I will send a request your way and you can pay online.

Please mail check or money order to: (If sending via [mail](mailto:territivis@gmail.com), send an [email](mailto:territivis@gmail.com), [territivis@gmail.com](mailto:territivis@gmail.com) to let me you are wanting to register so I have accurate count of people attending)

Terri Tivis  
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Buda, TX 78610

**Refund of 50% will be given with 14 days advance notice from the date of the workshop**

To ask for a refund, contact [territivis@gmail.com](mailto:territivis@gmail.com)

**Classes will be done in Conceptually Accurate Signed English with voice and ASL for clarification purposes.**

**For more information or questions email [territivis@gmail.com](mailto:territivis@gmail.com) or call 737-932-0855.**



***TSID is an Approved RID CMP Sponsor for Continuing Education Activities. This Professional Studies program is offered for .4 CEUs at the Professional Content Knowledge Level for one day of the training and .8 CEUs for attending both days of the training.***

***Disclosure:*** An environment of mutual respect free of discrimination based on gender, sexual orientation, race, religion, hearing status, or any other protected class will be promoted within this workshop.