

ELEVATE 2017



Presenter Bio



Kathy Espinoza is a Board Certified Professional Ergonomist, with an MBA and a Master's Degree in Work Science/Physiology. She has worked with Keenan & Associates for over 14 years. Kathy has taught Ergonomics in the Workplace at UC, Riverside for 10 years and was the 2010 recipient of the UCR Instructor Excellence Award. Kathy has presented at professional conferences on the topics of stress reduction, ergonomics, the graying of the American workforce, employee engagement, the culture of wellness, making the perfect presentation, and multi-generations.

Kathy Espinoza | Keenan & Associates

Session 2

Ergonomics & Millennials

Risk managers and Human Resources professionals have focused much of their attention on the needs of aging employees, while overlooking a potentially more challenging ergonomic conundrum — ergonomics for Millennials. In just a few years, Millennials will make up 75% of the global workforce, and they will enter the workforce having used technology all of their lives with developed patterns and habits around that use of technology. Discover practical ways to manage young workers' comfort and deal with their potentially pre-existing injuries.