

# Ergonomics Clips. When experiential learning and Inter-professional Practice Collaborate to create a Service Learning Project

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## Project

Campus-wide education to the Utica College community regarding proper ergonomics could minimize physical stress and reduce workplace injuries, and assist with the choice and correct use of equipment and furniture designed to meet current ergonomic standards of Safe workplace

The Center for Ergonomic Analysis and Research (CEAR) at Utica College collaborated with students and faculty from the Physical Therapy Program and The Communication and Media Program at Utica College to build Ergonomically sound messages to campus employees in the form of multiple Ergonomics clips that are one minute long or shorter.



Such collaboration between ergonomic experts, faculty and students enabled production of excellent educational services for campus employees at no cost and enabled achievement of different program goals of adapting Inter-professional experiences for students.

Excellent feedback was gathered from students regarding the benefit they gained in this important learning experience and that they mastered the concept of learning by doing. Students are advocating now for Ergonomic concepts to be adapted in large at schools.

**For every 20 minutes spent in sitting, 8 minutes of standing and 2 minutes of walking and moving around should follow to minimize health hazards**