# Making Impactful Ergonomics Improvements – MacGyver Style



**Speaker:** Rachel Mitchell

Much like MacGyver, those in Health and Safety roles strive to protect the health and wellbeing of those around us. Many industries are feeling financial pressures from the ongoing pandemic, pushing us to dig deep into our toolboxes to find innovative ways to make an impact without heavy investment.

In this presentation, we will discuss how to leverage resources at your disposal to continue to build upon and improve your Ergonomics Program including:
1. How to empower employees to contribute to hazard identification and ergonomic solutions
2. How to identify training opportunities & employee best work practice techniques
3. How to make successful small incremental ergonomic changes

Rachel Mitchell is a Canadian Certified Professional Ergonomist and a Registered Kinesiologist with over 19 years of experience in both Canada and the United States. She holds a Masters of Science in Human Factors Engineering from Nottingham University.

Rachel’s experience includes completing detailed ergonomic analyses, Physical Demands Analysis (PDAs), Cognitive Demands Analysis (CDAs), office assessments, ergonomics program development & evaluation, return to work assessments, ergonomics integration into engineering designs, , as well as a wide range of training programs including 1-hour lunch and learns to 3-day workshops.