

# Physical activity at work

## What is it? What should we do with it?

### The Technical Committee on MusculoSkeletal Disorders Webinar Series

**Date and Time:** Wednesday, 5<sup>th</sup> of June at 2 pm UTC time.

<https://www.timeanddate.com/worldclock/meeting.html>

**Duration:** 60 minutes, including time for discussion.

**The goal** of this on-line webinar is to inform ergonomists on the topic of the 'physical activity paradox'. Physical activity is generally regarded as health enhancing. However, recent evidence shows that this may not be the case for high levels of physical activity employed at work. This may not come as a surprise for many ergonomists, who are well aware of the health risks of physically demanding work. The webinar will show why ergonomists should be aware of the emerging evidence and what they can do with it.

**Presenter:**

Dr. Pieter Coenen

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### Webinar Chairs:

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**Zoom link for registration:** Registration is free to all interested people. The webinar will be recorded and published on YouTube. Registration permits live interaction with the presenters via Q&A. Additionally, participants who participate online will receive an invitation to a short survey, which, if they complete it correctly, will receive a certificate of attendance.

Register here:

[https://us02web.zoom.us/webinar/register/WN\\_juZ8bqO1TkWZsOUs8a6ozw](https://us02web.zoom.us/webinar/register/WN_juZ8bqO1TkWZsOUs8a6ozw)