Agenda

8:30am – 9:00am  Registration and Continental Breakfast

9:00am – 10:15am  Dr. Jim Clapper, DC | Occupational Injury Prevention Professional Specialist; Biomechanics, Ergo/Bio-nomics (TM by FIT)

About the Speaker….

Dr. Clapper is a nationally recognized speaker and trainer in the field of Occupational Injury Prevention. With a background in Sports Performance Training for professional and semi-pro athletes, Dr. Clapper knows how the human body is designed to perform. He also knows the ways people use their bodies and put themselves at risk for injury on a daily basis. A participant of recent training said, “I learned things that I thought I knew, but I was wrong”. Even though we've lived in our bodies our whole lives, most people have never learned how to use them properly. This is evidenced by the high percentage of unnecessary injuries and re-injuries to backs, shoulders, necks, wrists, knees, etc. Dr. Clapper speaks with 27 years of experience and motivates people to manage their bodies and to do simple things to ensure that they last a long time.

Beyond Stretch & Flex: The Next Step in Preventing Injuries

In this session, you will learn about the components of a scientifically sound and highly effective injury prevention program. In addition to an overview of proper stretching techniques, you'll be presented with information about ways to prevent municipal worker injuries.

This session will provide:
- Insight into the science of bionomics.
- Functional strengthening exercises specific to the tasks and postures common to municipal work.
- Understanding of common shoulder, back and knee injuries.

10:15am – 10:30am  Break

10:30am – 11:45am  BARBARA HARTSFIELD | SERGEANT, Training Unit | City of Los Angeles Department of Transportation

About the Speaker….

Barbara has spent the last 22 years as a Traffic Officer for the City of Los Angeles Department of Transportation Parking Enforcement and Traffic Control Division. In 2005, she was promoted to the position of Senior Traffic Supervisor I (Sergeant). Sergeant Hartsfield is currently assigned to the Training Unit and finds that this assignment is the most fulfilling part of her career. She was also a paralegal for 12 years, specializing in workers’ compensation, employment and personal injury. Sergeant Hartsfield holds a Bachelor of Science degree in law and a Master’s Degree in Public Administration. She holds certificates in Terrorism and Counter-Terrorism studies from Georgetown University, Middle Eastern Studies from Boston University, Strategic Communication from Purdue University, and others.

Traffic Control Safety

This presentation will contain an overview of City of Los Angeles Department of Transportation (LADOT) and its various operations. Sgt. Hartsfield will address the necessity of traffic control, and the consequences of not having effective processes. She will discuss the importance of quality training and safety as it relates to LADOT operations.

11:45am – 12:00pm  PASMA South Chapter Business

- Regulatory Update – Bill Taylor, CSP - City of Anaheim
- Budget Update – Glenn Newson, PASMA South Treasurer
- Open Forum Discussion and Adjournment

MEETING LOCATION: CJPIA - http://www.cjpiia.org
8081 Moody Street, La Palma, CA 90623

RESERVATIONS:
Please RSVP by March 5, 2018 via email to info@pasmaonline.org
Members: No Cost / Non-Members $20