



NOVEMBER 2013

## HELLO WORLD



I recently had a chance to drop in to Sally Longyear's weekly presentation on ergonomics and was fascinated. As an Ergonomics Program Manager and Certified Industrial Ergonomist, Sally has a passion for helping prevent injuries caused by the overuse of your muscles during daily activities.

Sally explains, "If you perform a task in an awkward posture with repetitive motions and forceful exertions, your risk for discomfort in the shoulders, arms, upper back and neck increases." Helpful hints were provided, such as stopping what you are doing at least once an hour to get out of the awkward position you were just in and to stretch for a minute. Ever wonder about the optimal placement for keyboards, mouse and monitors? Considering using alternative products at work or at home? See Sally Longyear!

You might think that she is afraid of rodents because she hands out a two-page document titled "Avoid the Mouse!" This is just a fun way to reduce stress on your hands. As an experienced leader in injury prevention, she has the education and can think creatively to help you work pain free.

Sally has run a 5K race with a pace time of under six minutes a mile (wow!) so don't try to run away from her! A lifetime athlete, she enjoys having fun with training. Ask her about the Hippy Chick Marathon and the SRI "Time Warp" Halloween aerobics class!

Giving back to the community, Sally serves on the American Cancer Society Relay for Life Committee, has been a Boy Scout Committee Chair, volunteers at a local high school and coaches soccer. In addition, she belongs to the Bay Area Ergonomics Roundtable and the International Ergonomics Organization Technical Committee. In 1986, Sally joined SRI International and was the Fitness Center and Wellness Program Coordinator before creating the ergonomics program.

Sally has assured me that repeated swipes of an SRI Federal Credit Union Visa® debit and credit card do not cause repetitive stress. Not only did her SRI Federal Credit Union Visa debit card perform well and without injuries during a trip back to New York, but Sally is hoping to do further testing next year in Hawaii while again using her SRI FCU Visa card!

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Steve Bowles, CEO



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### **Thanksgiving**

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### **Branch Hours**

Monday through Friday  
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