



Here is what attendees at Robert's sessions are saying

*"I don't think I've ever had so much fun in a safety training class"*

*"Dr. Cannon captured and held my attention, chose the perfect example to illustrate at a teaching point"*

*"Fun, entertaining, educational, great class"*

## **DR ROBERT JAMES CANNON BSc, BEdA, MSc, DC**

Over the past 30 years Dr Cannon has provided injury prevention programs to an extraordinary variety of industries from entertainment (theatre, dance, television and film) to manufacturing, materials distribution (automobile, dairy, food services), and the service industry (hotels, food retail and production).

Using a biomechanical model he advocates injury prevention through knowledge of body function. His teaching style is one of audience participation and sharing of experience both good and bad to encourage the attendee to make better decisions to reduce at risk behavior at home and on the job.

As a SafeStart trainer and ergonomic expert, he is convinced the philosophy of SafeStart can bridge the gap between ergonomics and human error as it relates to injury. His participatory sessions combined with his unique sense of humor, create a fun and interactive learning environment.

### **Stay Fit...Don't Sit..**

Injury reduction programs are successful when the information provided is meaningful to the participant, immediately usable and exciting enough that you want to share what you learned with friends and family. Dr Cannon has designed kinetic learning modules that are unique and customized to the specific needs of a target industry or group to make the experience a "take home".

For this presentation, Dr Cannon will overview the most common pain producing ergonomic mistakes both at home and at work. There will be active participation by the audience to see and feel the correct and in some cases the improper way to manage your body. He will be demonstrating the prevention techniques he has used with industry and provide guidance in making simple alterations that allow you to make better choices in your activity both at work and play. This will be a "TAKE HOME".

For bookings in Canada contact: Janice Miller 1-800-792-6933 ext 307 or [Janicemiller@electrolab.ca](mailto:Janicemiller@electrolab.ca)

For bookings in US contact: Ruth Steeves (905)467-4432 or [rsteeves@electrolab.ca](mailto:rsteeves@electrolab.ca)