

Ergonomics for Pregnant Women

By: Dr. Brandie E Keates

2-hour course

Description:

Explore the often-overlooked world of ergonomics for pregnant women in this practical, evidence-based session. Learn how to support your patients through the physical changes of pregnancy by optimizing posture, movement, and daily environments. We'll cover key ergonomic adjustments—from desk jobs to lifting techniques—and offer strategies to reduce pain and improve comfort. Walk away with actionable tools to enhance your care and empower your pregnant patients throughout every stage.

By the end of the seminar, participants will be better able to:

- Identify common ergonomic challenges faced by pregnant women in various environments.
- Recommend posture and movement strategies to reduce strain and discomfort.
- Apply practical ergonomic adjustments for work, home, and sleep settings.
- Educate patients on safe lifting techniques and positioning during daily activities.
- Support pregnant patients with customized solutions that enhance comfort, safety, and function.

Teaching Method:

- Lecture, Slides and Videos

Course Outline:

Time	Content
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<p>15 minutes</p>	<p>Introduction to Ergonomics and Pregnancy</p> <ul style="list-style-type: none"> • Objective: Provide a foundational understanding of ergonomics and its relevance during pregnancy. • WHY ERGONOMICS IS CRITICAL DURING PREGNANCY? • RELEVANT STATISTICS ON THE IMPORTANCE OF ERGONOMICS DURING PREGNANCY • STATISTICS ON THE FINANCIAL IMPACT ON INADEQUATE ERGONOMICS DURING PREGNANCY THAT AFFECTS BOTH PREGNANT WOMEN AND THEIR EMPLOYERS
<p>15 minutes</p>	<p>Musculoskeletal Changes During Pregnancy</p> <ul style="list-style-type: none"> • Objective: Explore the key physical changes that occur in the musculoskeletal system during pregnancy. • Discuss the physiological changes in the body (weight gain, changes in center of gravity, ligament laxity). • How these changes affect posture, balance, and daily activities.
<p>30 minutes</p>	<p>Common Discomforts & Ergonomic Solutions</p> <ul style="list-style-type: none"> • Ergonomic Stressors Among Pregnant Healthcare Workers • Workstation Design for Pregnant Women • Maternity Leave and Ergonomic Transitions • Ergonomic Equipment for Pregnant Women
<p>10 minutes</p>	<p>Break</p>
<p>40 minutes</p>	<p>Villains of Pregnancy</p> <ul style="list-style-type: none"> • Defeating and Introduction to the Upper Body Baddies • Upper Body Massages

	<ul style="list-style-type: none">• Upper Body Stretches• Upper Body Exercises• Defeating and Introduction to the Lower Body Baddies• Lower Body Massages• Lower Body Stretches• Lower Body Exercises
5 minutes	Summary and Conclusion <ul style="list-style-type: none">• Recap of key ergonomic principles.• Take-home tips and resources for continued self-care during pregnancy.
5 minutes	Final Questions and Feedback (5 mins) <ul style="list-style-type: none">• Any remaining participant questions.