

## Sara Taylor Eggleston, MA, CDMS, LPC Disability Management Specialist

### Fields of Competence

#### *Human Factors / Ergonomics*

Provide consulting in wellness, ergonomics, wheelchair fitting and coordination, job analysis and accommodation; implement services; and provide training to create an engaged, healthier, and more comfortable individual and workforce.

#### *Disability Management Assessments*

Assess return to work, risk management, safety, and claim files to complete current state assessments; identify disability management needs; facilitate corporate commitment; develop programs; and measure results with successful implementation.

### Experience Summary

Provided professional services since 1986 in the prevention and management of disability. Initially entering the field in rehabilitation counseling, it became clear that employers have significant opportunity to provide education and tools to address exposures and hence greatly reduce the human and financial costs of disability. After decades in the field, the quintessential role of employees in making choices and applying Mouse With Your Arm™ Methodology resulted in empowered participants who own, take action to address, and improve their health.

Since establishing Structured Health Resources, Inc. in 1996, thousands of individuals with symptoms and disabilities in home, office, and industrial settings have improved their computer relationships and environments, selected optimal ergonomic seating and sit to stand solutions, and optimized their comfort and function.

**Master of Arts** – Rehabilitation Counseling, Michigan State University, 1991

**Bachelor of Science** – Criminal Justice, Western Michigan University, 1985

**Founder: Mouse With Your Arm™ Methodology**  
**Certified Disability Management Specialist (CDMS)**  
**Licensed Professional Counselor (LPC)**

**Sara Taylor Eggleston**

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### Presentations & Publications

- General Electric (GE) Leading Edge Series. "How to Optimize Your Health Through Posture & Placement." Webinar 2019
- Job Accommodation Network (JAN). "The Sit-to-stand Trend: Opportunities & Challenges to Accommodation." Webinar 2019
- Women in Supportive Environments (WISE). "Your Ergonomic Health." Webinar 2018
- International Facility Management Association (IFMA). "Ups & Downs of Sit-to-Stand Stations." 2018; "Ergonomic Nuts & Bolts." 2004
- Association of Legal Administrators (ALA). "Ups & downs of the Sit-to-stand trend." 2019; "Minimizing Lost Productivity & Low Cost Ergonomic Solutions." 2003, 2004, 2010
- First Congregational Church & Ypsilanti First UMC Church. "Wheelchair Assessment & Fitting For Comfort and Wellbeing." 2017
- Safety + Health Magazine. "Managing off-the-job injuries." October 2004
- National Safety Council OSHA. "Human Factors Engineering: Ergonomics for Small Business." Co-facilitator 2003
- Workforce Magazine. "The Soaring Costs of Workers Comp." February 2003
- City of Chicago Mayor's Office of Special Events. "Home Office Ergonomics." 2001, 2002, 2003
- The Illinois Self-Insurers. "Creative Return to Work & Disability Prevention Concepts." 2000
- Employee Benefit Plan Review. "Ergonomic Evaluations Yield Happier, Healthier, More Productive Employees at Low Cost." March 2000, No. 9
- Merchandise Mart Properties. "Ergonomics: A Healthy Partnership." 1999, 2000
- Employee Benefit Plan Review. "Employers Must Take Responsibility for Disability Management." March 1999

## Key Projects

Serviced over 3,500 individuals in multiple environments and organizations with individualized virtual and on-site ergonomic assessments to improve function, well-being, and prevent disability.

Provided group and individualized training to empower employees on how to safely perform their work, change work habits and postures, and modify changing work environments.

Maintained an over 95 percent success rate in employees reporting reduced or eliminated systems as a result of participating in virtual and on-site ergonomic assessments and a 98 percent success rate in improved employee comfort.

Coordinated and trained office product and furniture suppliers to successfully interface with corporate ergonomic service providers, employees, and contracted vendors.

Reviewed proposed architectural and interior designs to ensure the finished plans result in healthy work environments.

Provided train-the-trainer workshops for clients to enhance internal ergonomics, facility management, purchasing decisions, and fitness services. Training included workstation design, end-user ergonomic training, disability accommodation, internal assessments, documentation, and product selection.

Consulted with manufacturing customers to develop disability management programs. For one client, reduced direct workers' compensation costs from 6 to 3 percent of payroll.

Developed programs and procedures that resulted in 90 percent reduction in lost time and costs for client employers.

Established procedures for corporate rehabilitation program to transition internal and community placement of permanently restricted employees. Resulted in 90% employee retention and 100% case resolution.

## Additional Training

- Business and Institutional Furniture Manufacturers Association (BIFMA) G1 Ergonomic Standards/Guidelines Subcommittee
- Respecting Choices Advance Care Planning Certification
- End of Life Care: Ethical Dilemmas & Considerations
- Seating and Mobility Assessment: Rehabilitation Engineering & Assistive Technology Society of North America (RESNA)
- Facilitators Leadership Training
- Organizational Change Management & Techniques
- Loss Control Human Factors Engineering
- Insurance Claim Training
- Occupational Ergonomics & Job Accommodations
- The Americans with Disabilities Act