

# George Matos

Mr. Matos currently works as a return-to-work officer in Winnipeg. He does research in health ergonomics and injury prevention and, in his role for the Winnipeg School Division, Matos is responsible for an employee's safe and suitable accommodation while ensuring the needs of all stakeholders involved are being met.

With a kinesiology degree, as well as certification as an athletic therapist, personal trainer, and registered reflexology therapy, Matos has worked over 20 years in the field of healthcare and has held varying roles, including assisting with the management and training of safe patient handling programs, reviewing and investigating injury near-misses, performing workstation ergonomic assessments and physical demands analysis, and managing return-to-work meetings.

His passions are developing programs and being invited to speak publicly at conferences promoting workplace injury prevention, health and safety, and proper body mechanics/ergonomic positioning.