



Newly updated WHSC Ergonomics: Basic Principles program



SPECIAL OFFER! **\$20** plus hst
(Regular Price \$171)

Why work can hurt?

Lifting, pulling, pushing, twisting, sitting and standing are normal daily activities for most workers. Each involves the use of one or more of the muscles, tendons, ligaments, nerves and other soft tissues of the musculoskeletal system.

When these actions are performed too often or the physical demands are excessive, workers can suffer discomfort, numbness and pain. In some cases, these actions can cause work- and life-altering musculoskeletal disorders (MSDs). Also commonly known as repetitive strain injuries (RSIs), MSDs are the leading cause of injury affecting workers in all sectors of the economy. These injuries also affect employers, driving costs associated with worker compensation premiums and lost productivity.

Why RSI Awareness Day?

MSDs account for more than 40 per cent of lost-time injuries (LTIs) allowed by Ontario's WSIB. Many more are never reported or claims are denied. Still, the suffering is real and lives are impacted. International RSI Awareness Day, held annually the last day of February, helps provide focus for creating awareness and prompting prevention.

Is prevention within reach?

Many workplaces have successfully implemented ergonomic solutions to address one or more of the work factors responsible for the development of musculoskeletal

pain and MSDs. In many cases, ergonomic solutions are simple and low-cost. Others may be more complicated though return on investment far outweigh the up-front costs.

Why WHSC ergonomics training?

Several workplaces recognize ergonomics training as an essential part of a workplace MSD prevention strategy. Many have turned to the WHSC for this training.

In recognition of RSI Day 2018 and to support workplace parties seeking to promote prevention, the WHSC has scheduled our newly updated **Ergonomics: Basic Principles** training at the special rate of just \$20 (plus hst) in communities across Ontario. This six-hour program is designed to empower participants to play an informed and active role identifying the work factors that cause musculoskeletal pain and MSDs and recommending ergonomic solutions to eliminate the risk to worker health.

REGISTER NOW

Want to know more about MSDs, ergonomics, the economics of ergonomics and/or RSI Awareness Day? Check out the following.

[Ergonomic Resources](#)

[RSI Awareness Day](#)