



International RSI Awareness Day  
February 28, 2014

► WHSC

# Ergonomics Training

...solutions for healthier work



## Musculoskeletal Disorders (MSDs) — An Epidemic of Pain

**Ontario workers suffer musculoskeletal disorders (MSDs), also commonly referred to as repetitive strain injuries (RSIs), more than any other work-related injury.** This epidemic is also crippling in terms of the economic costs for workers, employers and taxpayers—to the tune of tens of billions of dollars annually. This includes significant compensation and health care-related costs, absenteeism and lost productivity.

Fortunately, most workplace hazards that give rise to MSDs can be identified. Examples include forceful exertion, repetition, awkward posture, excessive work pace, insufficient recovery time, vibration and cold temperature. Research also suggests stress plays a role in the development of MSDs.

### WHSC Ergonomic Training in Support of International RSI Awareness Day

**In many workplaces simple, often inexpensive ergonomic prevention solutions can help stem the tide of suffering.** Ergonomics is the science of designing work to fit the physical and psychological capabilities of workers.

In support of the International RSI Awareness Day, held annually on the last day in February, the **WHSC is offering specially-priced ergonomic training in communities across Ontario.** This training is designed to assist workplace health and safety representatives, supervisors, workers and others in their pursuit of MSD prevention. These programs focus on identifying and eliminating or controlling the hazards

responsible for the epidemic of worker pain and related economic impact.

**For additional information or to register please visit** [www.whsc.on.ca](http://www.whsc.on.ca) and access through the Events/RSI Day banner or the Training/Training Registration banner. You can also call 1-888-869-7950 and ask to speak to a training service representative.



	Ergonomic Toolbox	Ergonomics: Injuries, Risk Factors & Design Principles				Patient Handling			Ergonomics: Applying Prevention Principles at Work
	Feb 28 ◆ 9 - Noon    ◆ 1 - 4 pm	Feb 25 ◆ 9 - 4	Feb 26 ◆ 9 - 4	Feb 27 ◆ 9 - 4	Feb 28 ◆ 9 - 4	Feb 25 ◆ 9 - Noon ◆ 1 - 4 pm	Feb 27 ◆ 9 - Noon	Feb 28 ◆ 9 - Noon ◆ 1 - 4 pm	Feb 28 ◆ 9 am - 4 pm
Barrie	◆								
Durham			◆						
Mississauga (Airport)					◆				
Mississauga (South)					◆				
Peterborough		◆							
Toronto East (Don Mills)								◆ ◆	
Toronto (Downtown)					◆				
Brantford									◆
Cambridge					◆				
Guelph	◆							◆	
Hamilton								◆ ◆	
Oakville									◆
Chatham									◆
Grey Bruce						◆			
London					◆				
Sarnia							◆		
Stratford								◆	
Windsor									◆
Cornwall	◆								
Kingston	◆								
Ottawa					◆				
Renfrew					◆				
Dryden					◆				
Fort Frances					◆				
Sault Ste. Marie				◆					
Sudbury						◆ ◆			
Thunder Bay					◆				

## Want to learn more about RSIs/MSDs, WHSC ergonomics training and other related resources?

[www.whsc.on.ca](http://www.whsc.on.ca)  
1-888-869-7950  
[contactus@whsc.on.ca](mailto:contactus@whsc.on.ca)



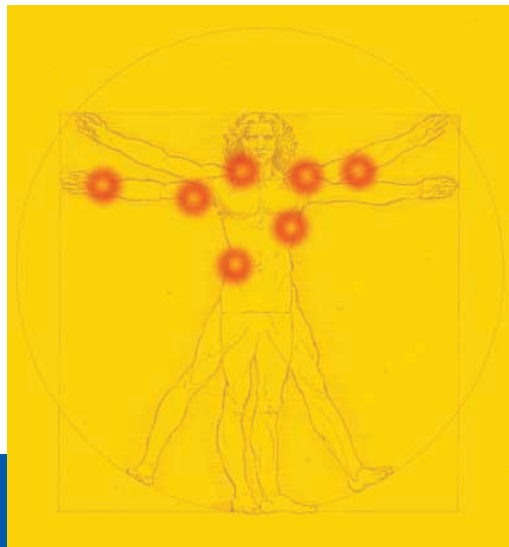
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