



# October is... **OCCUPATIONAL ERGONOMICS MONTH**



**\$20.00**

plus tax  
(regular price \$88)

**SPECIAL  
TRAINING  
OFFER!**

## **Musculoskeletal Disorders** **...when work hurts**

Lifting, pushing, pulling, twisting, carrying, sitting and standing are just some of the actions performed as part of a normal work day for many. When performed too often or the physical demands are too much, these actions can cause pain, discomfort and even life-altering disability.

Musculoskeletal disorders (MSDs), also known as repetitive strain injuries (RSIs), are the leading cause of worker injury claims and ensuing lost productivity. Both translate into significant costs for workers and employers.

## **Ergonomics** **...fitting work to workers**

Ergonomics is an applied science concerned with designing equipment and processes so workers can interact with their work environment pain-free. In short, it is a process for designing work to fit the worker.

## **WHSC Ergonomics Training** **...preparing for prevention**

Many workplaces have turned to the WHSC for ergonomics training as an important part of their MSD workplace prevention program.

In recognition of Occupational Ergonomics Month, the WHSC is offering specially-priced *Ergonomic Toolbox* training in communities across Ontario in October.


**REGISTER TODAY**  
**...space is limited.**

**Work  
shouldn't  
hurt**

See training program descriptor, schedule and to register  
...over

Click here to REGISTER for  
**ERGONOMIC TOOLBOX**

This program is designed to introduce participants to the three components of the Musculoskeletal Disorders (MSD) Prevention Toolbox. This toolbox supports the MSD Prevention Guideline for Ontario which is intended as a framework for MSD prevention and is being promoted as such by Ontario's Ministry of Labour.

			
Ergonomic Toolbox Training			
Regular Price: \$88			
OCTOBER	◆ 9 - Noon	◆ 1 - 4	
Central Ontario			
Barrie	21	◆	◆
Brampton/Mississauga	22	◆	◆
Oshawa	20	◆	◆
Peterborough	21	◆	◆
Toronto East (Don Mills)	14	◆	◆
Toronto (Downtown)	20		◆
South Central Ontario			
Brantford	20	◆	
Cambridge	14	◆	◆
Hamilton	15	◆	◆
Oakville	20	◆	
St. Catharines	14	◆	◆
Eastern Ontario			
Cornwall	14	◆	
Ottawa	15	◆	
South Western Ontario			
Chatham	21	◆	◆
London	23	◆	◆
Port Elgin (Grey Bruce)	16	◆	
Sarnia	19	◆	
Windsor	20	◆	◆
Northern Ontario			
North Bay	13	◆	
Sault Ste Marie	13	◆	
Sudbury	13	◆	
Thunder Bay	16		◆

**For additional information**  
call 1-888-869-7950 and ask to speak to a training services representative.  
[www.whsc.on.ca](http://www.whsc.on.ca)

**Work  
shouldn't  
hurt**