



ERGONOMICS TRAINING! OFFER!

\$20.00

(normal cost \$88-\$171)

Act now. Space is limited.

Musculoskeletal Disorders (MSDs) ...prevalent but preventable

Sitting, standing, typing, scanning, pushing, pulling, twisting, lifting and carrying are just some of the actions workers perform on a daily, hourly, minute by minute basis. Each involves the use of one or more of the muscles, tendons, ligaments and joints that make up the musculoskeletal system.

In and of themselves, these actions may not necessarily be hazardous to workers. However, when performed too often or the physical demands too excessive, these actions can place undue stress on our bodies. This can translate into discomfort, fatigue and pain. In some cases, these excess demands may lead to more serious disabilities commonly referred to as musculoskeletal disorders (MSDs).

In fact, MSDs, also known as repetitive strain injuries (RSIs) and overuse disorders, are the leading cause of disability among Ontario workers. The physical and psychological consequences are far reaching and can affect every aspect of a worker's life.

MSDs are also costly for Ontario's employers. They are a leading cause of lost productivity and pose significant related costs.

WHSC Ergonomics Training ... preparing for MSD prevention

Many progressive workplaces have already made strides towards prevention. Many have turned to the WHSC for Ergonomics Training as an important part of their MSD workplace prevention program.

To help your workplace prepare for prevention and in support of International RSI Awareness Day, the **WHSC is offering specially-priced Ergonomics Training** in communities across Ontario.

WHSC Ergonomics Training is designed to assist joint health and safety committee members and representatives, supervisors, workers and others prepare for MSD prevention. These programs focus on the knowledge and skills needed to help identify the working conditions and hazards responsible for MSDs and recommend prevention solutions.

Register today...space is limited.

See training programs, schedule and to register ...over



ERGONOMICS TRAINING OFFER!

\$20

(normal cost \$88-\$171)

Click here to **REGISTER**
Use *Promo Code: **PREVENTION**

Act now. Space is limited.

**The special RSI promo code must be entered once you have accessed the participant registration page.*

	Ergonomic Toolbox	Ergonomics: Injuries, Risk Factors & Design Principles		Patient Handling	Ergonomics: Applying Prevention Principles at Work
	Regular Price: \$88	Regular Price: \$171		Regular Price: \$88	Regular Price: \$171
	Feb 27	Feb 26	Feb 27	Feb 27	Feb 27
	◆ 9 - Noon	◆ 9 - 4	◆ 9 - 4	◆ 9 - Noon ◆ 1 - 4 pm	◆ 9 - 4
Central Ontario					
Barrie			◆		
Durham			◆		
Brampton/Mississauga					◆
Peterborough				◆ ◆	
Toronto East (Don Mills)			◆		
Toronto (Downtown)		◆			
South Central Ontario					
Brantford			◆		
Cambridge			◆		
Hamilton					◆
Niagara					◆
Oakville			◆		
Eastern Ontario					
Cornwall			◆		
Kingston			◆		
Ottawa			◆		
South Western Ontario					
Chatham			◆		
Grey Bruce			◆		
London			◆		
Sarnia			◆		
Windsor			◆		
Northern Ontario					
Sudbury	◆			◆	
Thunder Bay			◆		

The WHSC also offers a range of information services in support of the pursuit of MSD prevention.



For additional information

call 1-888-869-7950 and ask to speak to a training services representative.

www.whsc.on.ca