



WHSC ERGONOMICS TRAINING IN SUPPORT OF RSI AWARENESS DAY 2026

Each year, millions of Canadians experience repetitive strain injuries (RSIs) or musculoskeletal disorders (MSDs), often severely impacting daily life. For many, work is the primary cause of these debilitating conditions. According to Ontario's Workplace Safety and Insurance Board (WSIB), MSDs account for 35 per cent of allowed lost time injury claims. WSIB statistics also reveal several concerning trends – an increase in MSDs among younger workers (aged 25-34) and a steady rise in MSDs to multiple body parts.

WORK SHOULDN'T HURT: TRAINING FOR AWARENESS AND ACTION

Workplace hazards created by poorly designed work and excess work demands can be rectified. Often the solutions are simple ones. Regardless, at WHSC we know quality training is a critical step towards prevention.

In recognition of **RSI Awareness Day on February 28**, WHSC is once again offering their wide catalogue of **ergonomics- and RSI/MSD-focused training courses at deeply discounted rates of \$40 per person, per course**. This represents savings of up to \$80 for each registration when booked no later than February 28. Available in-person and virtually, these courses support workplaces in addressing the hazards behind RSIs and MSDs.

[REGISTER TODAY AT WHSC.ON.CA](https://www.whsc.on.ca)

\$40
per course
participant

- ▶ Ergonomics: Applying Prevention Principles at Work
- ▶ Ergonomics: Basic Principles
- ▶ Ergonomics and MSDs (English & French)
- ▶ Ergonomics in Health Care and Social Services
- ▶ Ergonomic Toolbox (English & French)
- ▶ Hand Tools
- ▶ Manual Material Handling
- ▶ Patient Handling
- ▶ Work Organization

Have questions? Want to bring equally discounted ergonomics training onsite? Contact a [WHSC training services representative](#) nearest you or call 1.888.869.7950.

ADDITIONAL RESOURCES | VISIT [WHSC.ON.CA](https://www.whsc.on.ca)

[RSI Awareness Day](#) | [Ergonomic Resources](#) | [Ergonomics Training Product Sheet](#)