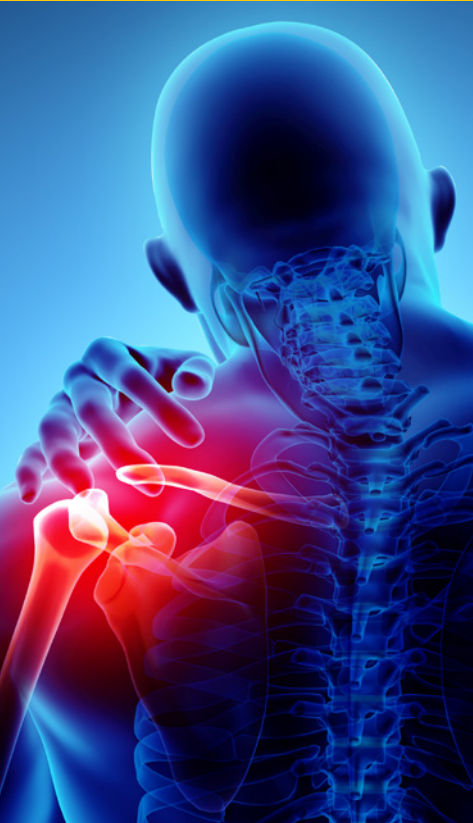




WHSC MUSCULOSKELETAL DISORDER AND ERGONOMICS TRAINING IN SUPPORT OF RSI AWARENESS DAY 2025



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 30 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 offering an unprecedented number of **ergonomic- and MSD-focused training courses at deeply discounted rates of \$40 per course**. Available in-person and virtually throughout February, these courses support workplaces in addressing the hazards behind RSIs and MSDs.

REGISTER TODAY AT WHSC.ON.CA

- ▶ 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
- ▶ Office Work Environment: Computer Hazards
- ▶ Patient Handling
- ▶ Work Organization

\$40
PER COURSE

ADDITIONAL RESOURCES

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

Have questions? Want to learn more about WHSC? Visit whsc.on.ca, contact [WHSC training services representative](#) or call 1.888.869.7950.