



In recognition of International RSI Awareness Day 2017

ERGONOMIC CHEMIC



**Training to take Ontario workplaces from Pain to Prevention**

**SPECIAL OFFER!**

**\$20** plus tax  
(Regular Price \$88-\$171)

**REGISTER NOW**  
...space is limited.

**Training to take Ontario workplaces from Pain to Prevention**



**TRAINING**

▶ THE RIGHT THING. THE RIGHT WAY.

[www.whsc.on.ca](http://www.whsc.on.ca)  
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## Training to take Ontario workplaces from Pain to Prevention

### Why prevention?

Occupational injuries to muscles, nerves and tendons may not be life-ending, but they can certainly be life-altering. They can change everything. They can rob workers of their mobility and their dignity. Workers are often left unable to care for themselves or those they love.

This is the hard reality for many. Year after year work-related repetitive strain injuries (RSIs), also commonly known as musculoskeletal disorders (MSDs), account for more than 40 per cent of lost-time injuries (LTIs) allowed by Ontario's Workplace Safety & Insurance Board (WSIB) – the single largest class of compensation claims. Many more though are never reported.

### Why RSI Awareness Day?

Thirteen years ago a few individual workers, all knowing firsthand the debilitating effects RSIs or MSDs can have on work and life outside of work, took it upon themselves to ignite a movement to raise awareness of these injuries, their causes, solutions and the need for fair worker compensation. They understood as many do, prevention efforts need to be multi-faceted and sustained – every day of every year. This said, International RSI Awareness Day events, held annually the last day of February, the only non-repetitive day on the calendar, help provide a focus for creating awareness and action on this issue.

### Why WHSC training?

Musculoskeletal pain and MSDs can be prevented. In fact, prevention solutions can often be simple and inexpensive. A growing body of research is also suggesting more comprehensive solutions can result in significant dividends in terms of healthier, happier workers, reduced absenteeism and higher productivity.

Many workplaces realize ergonomics training is an important investment and an essential part of their MSD prevention program. Many have turned to the WHSC for this training. 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.

*See inside for our schedule and course descriptions.*



**Work  
shouldn't  
hurt**

# February 28<sup>th</sup>



**SPECIAL  
OFFER!**

**\$20** plus tax  
(Regular Price \$88-\$171)

**Register today. Space is limited.**

<b>WHSC</b> <b>Ergonomics</b> <b>Training</b>	Ergonomic Toolbox		Ergonomics: Injuries, Risk Factors & Design Principles	Patient Handling
	◆ 9 - Noon	◆ 1 - 4 pm	◆ 9 am - 4 pm	◆ 1 - 4 pm
<b>Central Ontario</b>				
Durham	◆	◆		
Mississauga			◆	
Peterborough	◆	◆		
Toronto East (Don Mills)	◆	◆		
Toronto (Downtown)			◆	
<b>South Central Ontario</b>				
Cambridge			◆	
Hamilton	◆			
Niagara	◆			
<b>Eastern Ontario</b>				
Ottawa			◆	
<b>South Western Ontario</b>				
Chatham			◆	
Windsor			◆	
<b>Northern Ontario</b>				
North Bay	◆			◆
Sault Ste Marie	◆			◆
Sudbury	◆			◆
Thunder Bay (on Feb 27)			◆	

**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)

# Training for Solutions

## WHSC Ergonomics Training

### ERGONOMIC TOOLBOX

This program is designed to introduce participants to the three components of the Musculoskeletal Disorders (MSD) Prevention Toolbox – the final resource published by the Occupational Health and Safety Council of Ontario (OHSCO) in support of their Musculoskeletal Disorder Prevention Guideline for Ontario. This guideline is intended as a framework for MSD prevention and is being promoted as such by Ontario's Ministry of Labour. Participants of this 'toolbox' course will gain, among other things, some basic insight into more complex hazard identification and assessment tools, including Snook Tables and the NIOSH Lifting Equation. Specific workplace examples are used throughout the discussion to aid in the learning process.



### ERGONOMICS: INJURIES, RISK FACTORS AND DESIGN PRINCIPLES

This one-day program will help participants better understand how work can damage the muscles, tendons and other parts of the musculoskeletal system. Participants will identify and discuss the many workplace risk factors responsible for the development of MSDs including repetition, awkward or fixed postures, forceful movements, vibration and inadequate rest. Discussion will then move to workplace solutions designed to prevent musculoskeletal pain and MSDs, including the principle of designing work to fit workers and the field of study known as ergonomics. It's worth noting, this comprehensive program also reflects important information on MSDs developed by the Occupational Health and Safety Council of Ontario (OHSCO) and endorsed by Ontario's Ministry of Labour.

### PATIENT HANDLING

This program explores the factors that lead to the development of musculoskeletal pain and disorders (MSDs) in workers who lift, transfer or reposition patients. Participants will discuss the elements of a workplace prevention program including the development of a patient lifting policy and a workplace program to implement the policy. This includes a review of tools, equipment and work procedures designed specifically to help prevent pain and MSDs and aid in patient safety. Part of this discussion will focus on legally mandated involvement of the joint committee and workers in the development of the program. Included with this training are resources such as a sample patient handling policy and generic patient lifting assessment forms that can be customized to the workplace.