



February 29, 2016 is...
... International RSI Awareness Day

WHSC
Ergonomics Training



\$20.00
 plus tax
 (regular price \$88-\$171)

SPECIAL OFFER!

REGISTER NOW
 ...space is limited.

**Repetitive Strain Injuries/
 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. Each of these actions involves the use of one or more of the muscles, tendons, ligaments, nerves and other soft tissues that make up the musculoskeletal system.

...workers suffer

When performed too often or the physical demands are too much, these actions can cause pain, discomfort, numbness and even life-altering musculoskeletal disorders (MSDs). Also commonly known as repetitive strain injuries (RSIs), MSDs are the leading cause of injury affecting workers in all sectors.

...businesses suffer

MSDs are also costly for employers. This includes direct and indirect costs such as increased compensation premiums, lost productivity and Ministry of Labour fines.

Ergonomics
 ...designing work for workers

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

WHSC Ergonomics Training
 ...preparing for prevention

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.

Each of the WHSC programs on special offer focus on the knowledge and tools needed to help identify the working conditions and hazards responsible for musculoskeletal pain and MSDs along with prevention solutions. This information is critical to joint health and safety committee members and representatives, workers and supervisors who all have important and legal obligations in terms of identifying, assessing and/or recommending and implementing preventive solutions.

See below for training programs offered, locations, course descriptions and registration information.

**Click here to REGISTER
...space is limited**



	Ergonomic Toolbox	Ergonomics: Injuries, Risk Factors & Design Principles		Patient Handling
	<i>Regular Price: \$88</i>	<i>Regular Price: \$171</i>		<i>Regular Price: \$88</i>
	Feb 29	Feb 27	Feb 29	Feb 29
	◆ 9 - Noon ◆ 1 - 4 pm ◆ 6 - 9 pm	◆ 9 - 4	◆ 9 - 4	◆ 9 - Noon ◆ 1 - 4 pm
Central Ontario				
Barrie				
Durham			◆	
Mississauga			◆	
Peterborough			◆	
Toronto East (Don Mills)			◆	
Toronto (Downtown)			◆	
South Central Ontario				
Brantford	◆			
Cambridge				◆
Hamilton	◆			
Niagara	◆			
Eastern Ontario				
Cornwall			◆	
Ottawa			◆	
South Western Ontario				
Chatham			◆	
London	◆ ◆			
Windsor			◆	
Northern Ontario				
North Bay	◆			◆
Sault Ste Marie	◆			◆
Sudbury	◆			◆
Thunder Bay		◆		





WHSC Ergonomics Training

COURSE DESCRIPTORS

ERGONOMIC TOOLBOX

Program Duration: 3 hours

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

Program Duration: 6 hours

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

Program Duration: 3 hours

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.

[Click here to REGISTER](#)

For additional information

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

www.whsc.on.ca

