Workers Health & Safety Centre

WHSC MUSCULOSKELETAL DISORDER (MSD) AND ERGONOMICS TRAINING
in support of RSI Awareness Day

Every year millions of Canadian adults suffer repetitive strain injuries (RSIs), also referred to as musculoskeletal disorders (MSDs). Often, they are serious enough to impact daily lives. Sometimes, they are absolutely debilitating. For many, **work is the root cause** of their RSIs/MSDs and related suffering.

WORK SHOULDN'T HURT

TRAIN TO SUPPORT PREVENTION
Fortunately, prevention is within reach. Workplace hazards created by poorly designed work and excess work demands can be rectified. At WHSC we know quality training is a critical step towards awareness and prevention.

So, to support **RSI Awareness Day**—held annually the last day in February—and workplaces seeking to enhance their efforts to address the hazards responsible for RSIs/MSDs, we are offering two of our most popular ergonomics training courses.

REGISTER NOW

FOR ONE OF OUR VIRTUAL TRAINING OPPORTUNITIES
in support of RSI Awareness Day. *Space in each session is limited.*

Ergonomics and MSDs (three hour program)
February 23, 9:00am — 12:00pm OR 1:00pm — 4:00pm
February 27, 9:00am — 12:00pm OR 1:00pm — 4:00pm
February 28, 9:00am — 12:00pm OR 1:00pm — 4:00pm

Ergonomics: Basic Principles (one day program)*
February 24, 9:00am — 4:00pm
February 28, 9:00am — 4:00pm

*This program is also being offered in-person in Hamilton and Markham on February 28.

NOMINAL **$20** REGISTRATION FEE.

TRAIN WITH ONTARIO'S GOVERNMENT DESIGNATED TRAINING CENTRE
WHSC is the Ontario government's designated health and safety training centre, providing training for workers, health and safety representatives, joint health and safety committees, supervisors and employers.

Need more information still? Check out WHSC dedicated resources:
RSI Awareness Day | **Ergonomic resources** | **Ergonomics training product sheet**

Any additional questions about MSDs, ergonomics or these training opportunities please contact a WHSC **training services representative near you** or call 1.888.869.7950.