

Workshop Series: Industrial Ergonomics and MSI Prevention

Goals:

Understand the principles of ergonomics
Recognize the risk factors, signs and symptoms of musculoskeletal injury (MSI)
Understand how to protect yourself and reduce your risk for MSI's

Description:

This **two-hour** session can be customized to your work environment and includes the following topics:

- Basic anatomy and kinesiology
- Ergonomic principles
- Musculoskeletal injury risk factors
- Signs and symptoms of risk
- Identifying and controlling risks
- How to protect yourself
- Problem solving difficult situations



Space and Equipment Requirements:

A classroom that can seat your group comfortably with room for audience participation/practical training, and audiovisual equipment that can accommodate a PowerPoint presentation.

Workshop Fee

\$475*

*valid to a maximum of 50 participants – please call for pricing for more than 50 participants

Please contact us for more information on this and other services available: www.workablesolutions.ca