

**International
RSI
Awareness Day**
February 29, 2012

**Special
Training Offer**
\$20
per participant
(plus hst)

WHSC ERGONOMICS TRAINING

*...preparing
for prevention*



Workers Health & Safety Centre

South Central Ontario—Hamilton
500 Parkdale Ave. N. Hamilton, ON L8H 5Y5
Tel: (905) 545-5433 Fax: (905) 545-3131

South Western Ontario—Sarnia
2-1403 Michigan Ave. Sarnia, ON N7S 0B1
Tel: (519) 541-9333 Fax: (519) 541-9444

North Eastern Ontario—Sudbury
110 – 43 Elm Street, Sudbury, ON P3C 1S4
Tel: (705) 522-8200 Fax: (705) 522-8957

North Western Ontario—Thunder Bay
2114 Bordeaux Crescent, Thunder Bay, ON P7K 1C2
Tel: (807) 473-3634 Fax: (807) 473-3655

Eastern Ontario—Ottawa
201 – 2255 St. Laurent Boulevard, Ottawa, ON K1G 4K3
Tel: (613) 232-7866 Fax: (613) 232-3823

Central Ontario—Toronto
802 – 15 Gervais Drive, Toronto, ON M3C 1Y8
Tel: (416) 441-1939 Fax: (416) 441-2277



TRAINING ► **THE RIGHT THING. THE RIGHT WAY.**

Want to learn more? Then visit us at
www.whsc.on.ca
or contact us from anywhere in Ontario at
1-888-869-7950.

WHSC ergonomics training— focused on RSI/MSD prevention

Repetitive strain injuries (RSIs), commonly referred to as musculoskeletal disorders (MSDs), remain the most common type of injury suffered by workers. Tens, perhaps hundreds of thousands of Ontario workers across all economic sectors will develop an MSD in 2012. They will suffer aches, pains, tingling, swelling and loss of joint movement and strength in the affected area(s). For too many, these symptoms will progress into crippling disorders impacting their ability to work and lead normal lives.

International RSI Awareness Day, held annually the last day in February, provides an important opportunity to highlight the many ways to **prevent RSIs/MSDs**.

For our part in support of **International RSI Awareness Day**, the WHSC has scheduled training across Ontario focusing on the knowledge and tools needed to identify, assess and eliminate the hazards responsible for the development of MSDs. Each program is being offered at a deeply discounted rate of \$20 per participant.



WHSC community-based ergonomics training schedule

Please visit www.whsc.on.ca and click on the RSI Day button for additional information about **International RSI Awareness Day** and these training programs being offered in support of this day. Or, you can call **1-888-869-7950** and ask to speak to a training service representative.

	Ergonomics: Injuries, Risk Factors & Design Principles (one day) Feb 29, 2012, 9:00 am – 4:00 pm	Ergonomic Toolbox, Feb 29, 2012 (half day) 9:00 am – 12:00 pm 1:00 pm – 4:00 pm	
Central Ontario			
Durham	●		
Mississauga*	●	●	
Orillia	●		
Peterborough	●		
Toronto East (Don Mills)	●		
Toronto (Downtown)	●		
South Central Ontario			
Brantford			●
Cambridge	●		
Guelph			●
Hamilton		●	
Niagara		●	
Oakville	●		
South Western Ontario			
Chatham	●		
London		●	●
Sarnia	●		
Stratford	●		
Windsor	●		
Eastern Ontario			
Cornwall	●		
Kingston	●		
Ottawa	●		
Pembroke	●		
Northern Ontario			
Fort Frances	●		
North Bay		●	
Sault Ste. Marie*	●		
Thunder Bay	●		

* Training offered for Ergonomics: Injuries, Risk Factors & Design Principles on Feb. 28