

PREVENTING MUSCULOSKELETAL DISORDERS / REPETITIVE STRAIN INJURIES IN THE WORKPLACE

FROM: MARITIME COLLEGE OF FOREST TECHNOLOGY

SUBJECT: February 17th, 2016 course offering.

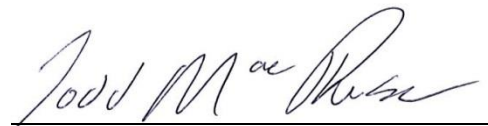
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The Maritime College of Forest Technology's Department of Continuing Education is pleased to announce the following workshop: **'Preventing Musculoskeletal Disorders / Repetitive Strain Injuries in the Workplace'**. This half-day workshop will be held on February 17th, 2016 beginning at 8:30 AM at MCFT (Fredericton Campus).

WMSDs are a serious workplace health concern causing pain and suffering for many workers. These injuries place an economic burden on society in lost productivity, workers compensation claims, and healthcare costs. Annual historical data from Statistics Canada shows that, on average, over two million Canadians suffer from repetitive strain injuries serious enough to limit their normal activities, with over 55% of these injuries caused by work-related tasks. Most, if not all, of these injuries could have been prevented through implementing modest changes to job tasks coupled with some lifestyle changes.

This workshop is for employers who recognize the value of their employees and want to be proactive in maintaining their well-being. Attendees will learn simple processes to prevent WMSDs, thus making them a more productive and satisfied employee.

If you have any questions or wish to reserve a seat on this or any other course, please call (506) 458-0649.


Todd MacPherson
Supervisor
Department of Continuing Education

PREVENTING MUSCULOSKELETAL DISORDERS / REPETITIVE STRAIN INJURIES IN THE WORKPLACE

DATE & TIME: February 17th, 2016 at 8:30 AM.

LOCATION: Room 230, Blenis Hall, Maritime College of Forest Technology, Fredericton NB

OBJECTIVES: This half day course covers the basics of heavy equipment operation, manual material handling for forestry sector workers and others who need to lift, handle, push, pull and carry materials throughout their working day.

The following course content is covered in this presentation:

- Common musculoskeletal injuries and causes of the injuries associated with heavy equipment operation and manual material handling;
- Some basic anatomy of the back and wrist area – two areas prone to injury with repetitive work;
- Proper posture for healthy living;
- Healthy lifestyle choices as a means of prevention including healthy diet choices, benefits of exercise, adequate sleep;
- Interventions and ergonomic rules for safe operation of equipment and handling of materials;
- Proper set up of your work environment;
- Biomechanics of proper operation, mounting and dismounting of heavy equipment;
- Biomechanics of safe lifting practices;
- Stretching exercises that can be done throughout the workday to relieve stress and strain, and prevent injury.

CANDIDATES: **Preventing Musculoskeletal Disorders / Repetitive Strain Injuries in the Workplace** is a program designed for managers and workers. All participants will benefit from the skills and techniques taught in this workshop.

FORMAT: This interactive workshop will make use of Instructor led presentation of techniques to implement WMSD prevention, followed by group participation utilizing newly learned techniques. Participants will leave with a set of skills to improve the quality of their life both at home and in the workplace.

Department of Continuing Education

FACILITATOR: The workshop facilitator will be Fran Robinson, Occupational Therapist, with Proactive Therapy Services. In her career as an Occupational Therapist, Fran has provided education to many injured and non-injured forestry sector workers. Her role has been to get many of these workers back to work post injury and also to educate them regarding proper working habits, lifting techniques and body mechanics, all so that they can work productively and without injury to themselves.

Fran has provided many educational sessions to groups of individuals in industrial and other settings regarding safe lifting practices, healthy lifestyle choices, body mechanics and manual material handling practices. Her work has taken her to many mills and forested areas in New Brunswick to assist in worker rehabilitation.

ENROLMENT: Enrolment will be limited to 15 candidates on a first come-first served basis. If the proposed course is full or there is insufficient enrolment to hold the session, you will be notified as to alternate dates.

ACCOMMODATIONS: MCFT has a room rental agreement in place with the Fredericton Inn. Please use the code MCFT when booking your room to get our discounted price. For reservations please call 1-800-561-8777.

Standard Single Occupancy - \$99.00/person/night + HST
Standard Double Occupancy - \$119.00/person/night + HST

MEALS & SNACKS: A nutrition break will be available at approximately 10:00 AM on the day of the workshop and is included in your tuition.

Meals are available at the Maritime Forestry Complex Cafeteria on a pay-as-you-go basis.

TUITION: Tuition for the program, including supplies and nutrition break, is \$149.00 + HST per participant.

February 17th, 2016

Name _____ Home Phone _____

Job Title _____ Cell Phone _____

Employer _____

Employer's Address _____

Postal Code Business Phone

Fax _____ E-mail _____

Contact Person

Fees of \$149 + 13% HST (\$168.37 total) per participant must be paid in full, one week prior to the course dates. Payment can be made by cheque, purchase order, debit, Visa or MasterCard.

Please indicate method of payment:

Visa ☐ Card No. _____ Exp. ____/____/____

Mastercard ☐ Card No. / / / / / / / / / / / / / / / / / / Exp. / / /

Cheque ☐ Money Order ☐ Amount enclosed _____

Please forward-completed application to:

Todd MacPherson
Maritime College of Forest Technology
1350 Regent School
Fredericton NB E3C 2G6

Phone: (506) 458-0649

Fax: (506) 458-0652

E-mail: ce@mcft.ca

1350 Regent Street Tel: (506) 458-0649 www.mcft.ca
Fredericton, NB Fax: (506) 458-0652
E3C 2G6 Email: ce@mcft.ca

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