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Injury Prevention and Ergonomic Best Practices

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Musculoskeletal Disorders (MSDs) are the most prevalent work-related injury in the United States. Studies show that one in three injuries requiring medical leave can be traced to MSDs and the number one contributing factor to injuries caused by MSDs is work practices. MSDs can affect an employee's quality of life and ability to perform job tasks pain-free. The good news is, injuries caused by MSD are mainly preventable and most of the preventive measures are within our control.

By attending this training participants will learn:

- Overview of MSDs
- Mechanics of human body and it's vulnerabilities to MSDs
- Preventive work practices
- Work-related and personal health risk factors that can lead to MSDs
- Proper techniques for sitting, standing, working at a computer and maintaining proper posture
- Principles and benefits of stretching
- Wellness exercises that can help prevent MSDs

Contact Art Langit at Arturo.Langit@sdmts.com or (619) 557-4568 to enroll in the course.

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