

# UPCOMING SEMINAR



## Workstation Ergonomics: Train the Trainer

According to the U.S. Department of Labor, Occupational Safety and Health Administration (OSHA), repetitive strain injuries are the nation's most common and costly occupational health problem. These injuries affect hundreds of thousands of American workers and cost over \$20 billion a year in workers' compensation. Luckily, repetitive strain injuries can be prevented when we make the correct adjustments in the workplace. Our easy-to-apply techniques will help you identify ergonomic challenges, find appropriate solutions, and take action to prevent repetitive strain injuries.

Please save the date for our upcoming seminar where we will discuss:

- The significance of ergonomics in the workplace
- Types, causes, and treatments for repetitive strain injuries
- The four key elements of a safe workstation
- Types of equipment and how to use them appropriately
- And most importantly - how to prevent these injuries from occurring

## Featured Presenter:

**Joel Sandoval, CEES**  
*Risk Consultant, Risk & Loss Advisors, MMA*

## DETAILS

**Wednesday**  
**January 23, 2019**

**8:30 am** Registration

**9:00 am - 12:00 pm** Training

*Light breakfast provided.*

*Attendance is complimentary.*

## MMA Community Conference Center

9171 Towne Centre Drive  
Suite 150  
San Diego, CA 92122

## Learn More at:

[www.mma-west.com](http://www.mma-west.com)

## To Register:

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