

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

Tuesday
March 12, 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

To Register:

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