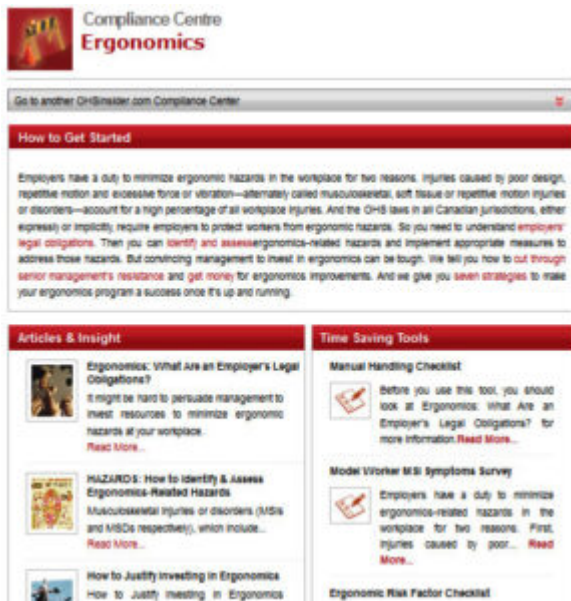


Ergonomics Compliance Centre









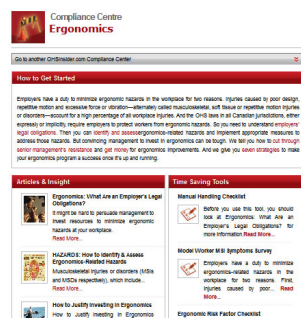
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How to Get Started

Employers have a duty to minimize ergonomic hazards in the workplace for two reasons. Injuries caused by poor design, repetitive motion and excessive force or vibration—alternately called musculoskeletal, soft tissue or repetitive motion injuries or disorders—account for a high percentage of all workplace injuries. And the OHS laws in all Canadian jurisdictions, either expressly or implicitly require employers to protect workers from ergonomic hazards. So you need to understand **employers' legal obligations**. Then you can **identify and assess** ergonomics-related hazards and implement appropriate measures to address those hazards. But convincing management to invest in ergonomics can be tough. We tell you how to **cut through senior management's resistance** and **get money** for ergonomics improvements. And we give you **seven strategies** to make your ergonomics program a success once it's up and running.

Articles & Insight	Time Saving Tools
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





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Attention will be on repetitive strain injuries (RSIs), one of the most common types of worker injuries, on Feb. 29, International RSI Awareness Day. RSIs (also called musculoskeletal disorders or injuries) include painful disorders of the tendons, muscles, nerves and joints in the neck, back, chest, shoulders, arms and hands. This year marks the 13th annual RSI Awareness Day. For information on how to protect workers from developing RSIs, go to the Ergonomics Compliance Centre.