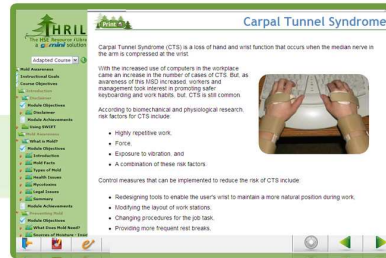


Musculoskeletal Disorder Awareness



In 2010, Work Safe Alberta reported that sprains, strains, and tears are the most common form of workplace injury, and the back is the most commonly injured body part. In this course, you will be shown a definition for Musculoskeletal Disorder (MSD), risk factors for MSD, safety tips for lifting, and identify precautions that you can take when lifting, carrying, and transferring weights. This course has been designed to help you meet all regulatory and government requirements including the Alberta Occupational Health and Safety Code.

This **one-hour** course is part of the THRIL certificate program series, developed by Gemini and well-known, highly respected industry professionals. THRIL certificates are designed to easily and inexpensively obtain essential training that leads towards recognized certification and qualifies for compulsory certification maintenance points to preserve ROH and CRSP designations. University of Calgary students completing a total of 45 hours or more training will be credited 30 hours of elective course credit toward the U of C Health, Safety and Environmental Certificate program.

On completion of this course you will be able to:

- Define Musculoskeletal Disorder (MSD),
- List and describe three stages of musculoskeletal injury,
- List risk factors and common causes of MSD,
- List common causes of injuries that occur during manual material handling,
- List factors that determine how much you can safely lift,
- List general safety tips for lifting, and,
- Identify precautions that you can take when lifting, carrying, and transferring weights that will reduce the risk of MSD.

THRIL assessments are also available for all THRIL courses ideal for learners that wish to challenge the course for recertification purposes.

