QNET Presents:

Basic Ergonomics in the Workplace

Tuesday, June 9, 2009 - 11:45 a.m. to 1:15 p.m.

This one hour session covers ergonomic principles and human anatomy as they relate to postures, movement and productivity in the workplace. Common workplace musculoskeletal risk factors are identified and solutions are provided to help the participants learn to set up their own workstation, to prevent injury and to promote a healthy "workstyle." There will be time for participant questions and discussion.

QNET is also exploring the option to host a half day *Train-the-Trainer on Ergonomic Assessments*. Although this is not an ergonomic certification course, it will provide participants with basic knowledge and skills to conduct office-based ergonomic assessments. Participants will be able to identify risk factors and provide practical and low cost solutions in their own workplace. If you are unable to attend the June 9th luncheon, but are interested in the Train-the-Trainer, please let us know – 949-4999 or mail@qnet.mb.ca.

Presenter: Marnie Courage is the owner and Principal Consultant at Enabling Access (www.ea-solutions.ca). A registered Occupational Therapist with over nine years experience in the private and public sectors, Marnie consults in rehabilitation services for children and adults with disabilities, as well as ergonomics and workplace injury prevention for office and industrial based companies. She completed the Matheson Ergonomic Evaluation Certification Program, holds a BA in Psychology and a BA of Medical Rehabilitation in Occupational Therapy. Marnie is a regular guest lecturer for the Occupational Therapy Program at the University of Manitoba.

PRESENTED IN PARTNERSHIP WITH:
Industry Workforce Development, Manitoba Competitiveness, Training and Trade
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REGISTER NOW - Fax this form to (204) 949-4990 or **www.qnet.mb.ca** to register online

Fee: ❑ $40.00 + GST for QNET Members ❑ $50.00 + GST for Non-Members

Name_____ Title_____

Organization_____City_____

Ph_____ Fax_____ Email_____

Payment method: ❑ VISA ❑ AMEX ❑ MasterCard ❑ Cheque Enclosed

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Participants will receive location/ final details about 3 days prior to session; please contact QNET if you do not receive this information. Cancellations must be received in writing no later than 6 business days prior to the course. After that time, the full registration fee will apply and only replacement participants will be accepted. Invoices will be sent for non-attendance. G.S.T. Reg # 899755334RT.

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