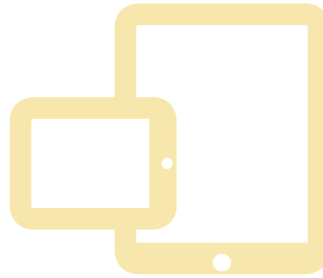


CIRMA E-Learning Center

Preventing Accidents in the Workplace Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

Course Description

Accidents happen. However, sometimes such accidents and injuries occur because of poor decision making, a lack of personal responsibility for one's health and well-being, or a lack of proper personal protective equipment.

This course will help employees identify ways that they could injure their back, feet, eyes, hands, and hearing on the job. It will also help them identify ways to prevent these personal injuries, including the usage of proper protective equipment.

Time: Approximately 30 minutes [Preview the Preventing Accidents in the Workplace online training program here.](#)

Learning Objectives:

- Identify common ways you can injure your back, feet, eyes, hands, and hearing on the job.
- Identify some ways to prevent personal injuries.
- Recognize the importance and proper usage of protective foot, eye, hand, and hearing protection.

Key Topics Include:

- Back Pain- More Common Than You Think
- Anatomy of the Back- A Grand Design
- A Naggging Type of Injury
- Common Causes of Back Injury
- We're Not Kids Anymore!
- The Power of Proper LiftingProper Lifting Technique
- Putting Things Down
- Most Jobs are "Hands On"
- Injuring Your Hands
- Follow a Good Example
- Match the Glove to the Job
- Targeting the Risk
- Skin Absorbtion: Different Job, Different Glove
- Hazardous Materials and You
- Repetitive Motion Disorders
- Avoiding Repetitive Motion Disorders
- Injuries to the Eyes
- Protecting Your Eyes
- The Sound Of Music
- Types of Hearing Protection
- Putting Your Best Foot Forward
- What is Protective Footwear?
- What are the Hazards?

To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —

www.CIRMATraining.org

To register for this course, please contact your organization's E-Learning Administrator.

