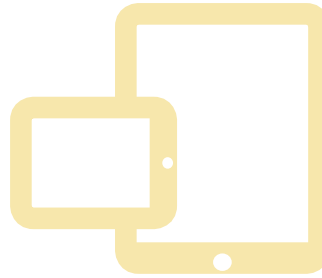


CIRMA E-Learning Center

Workers' Compensation: Strains and Sprains Injury Prevention Online Training Program



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

Course Description:

This one-hour course is designed to educate learners about Workers' Compensation, the state-mandated program that compensates workers for injuries that occur in the workplace. According to a news release from the U.S Department of Labor agency, the Bureau of Labor Statistics, nearly 2.8 million injuries were reported in 2015. With so many workers being injured on the job, it is vital that learners be able to identify the most common injuries received, what causes them, and how they can be prevented for a safer workplace.

Time: One hour [Preview the Workers' Compensation: Strains and Sprains Injury Prevention online training program here.](#)

Learning Objectives:

These topics include:

- Describing Workers' Compensation.
- Identifying common injuries and their causes.
- Applying preventative measures to prevent future injury.

Key Topics Include:

- What is Workers' Compensation?
- Direct and Indirect Costs
- Injuries Covered by Workers' Compensation
- Most Commonly Reported Injuries
- Definitions of Strains and Sprains
- How Employers Prevent Strains and Sprains
- How Employees Prevent Strains and Sprains
- Ergonomics
- How to Develop a Warm-Up Routine

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.

