

Move WELL Work WELL

SEPT 22-28, 2024

It starts with YOU!

Avoid sprains and strains before they become a pain.

Free Online Learning

Learn about preventing sprains and strains by completing the self-paced “Introduction to Musculoskeletal Injuries” online course.

Watch short videos for tips on lifting techniques and exercises for a healthy back.

Webinars

Register in advance for 30-45 minute sessions.

Podcasts

Tune in to new episodes of The Signal.

Safety Shares

Check out new topics for safety talks.

Hazard Tools

Use simple tools to spot and fix potential hazards.

Scan for more information:

