

# 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:

