

# Industrial Ergonomics and Injury Prevention Course

# SAFETY

# 2010

Class Of



**Everything you wanted to learn  
about preventing personal  
injuries at home, work and  
Leisure**

**This course has dramatic effects  
by making people more strong,**



**OSALP International** professional training courses combine the latest tools, techniques, market research, case studies and dynamic ways of thinking, delivered by experienced trainers to ensure the skills and knowledge acquired are directly applicable to your organization.

- ◆ **Research** Latest concepts, tools, techniques, tried and tested methods
- ◆ **Trainers** Highest standard of dynamic trainers with cross-industry experience
- ◆ **Applicability** Training relevant to your needs and your workplace
- ◆ **Interactive** Just the right number of participants with group exercises, role-plays and feedback
- ◆ **Action** Planning, implementation and follow-up
- ◆ **Documentation** Comprehensive supporting notes and further reading material

[SAFETYINFO.COM.PK](http://SAFETYINFO.COM.PK)

 **OSALP**  
Occupational Safety & Loss Prevention



# Industrial Ergonomics and Injury Prevention Course

## 1 day course

Slips, Trips and Falls are the primary causes of disabling injuries resulting in lost work days, productivity and revenue. OSALP Injury Prevention Plan is a comprehensive program designed to increase your awareness of injury risks in the work environment and provide you with tools and techniques that can assist in preventing such an injury.

## The Course

The course covers some of the following topics below:

- ◆ Human Body Mechanics and how it operates
- ◆ Injury Prevention Techniques
- ◆ Practical Demonstration and practice of the techniques in the class room
- ◆ Hand protection Module
- ◆ Back Protection Module
- ◆ Feet Protection Module
- ◆ Head Protection Module
- ◆ Eyes Protection Module
- ◆ Factory/Workshop employees



## What will you Learn?

Participants will become master by learning about:

- ◆ Prevention of injuries by understanding how the body operates and how injuries occur
- ◆ Reduction in the frequency and severity of injuries resulting from using tools, pushing, pulling, lifting, handling, climbing stairs and repetitive work
- ◆ Prevention of back, shoulder and arm injury
- ◆ Increased awareness of hazards and activities that can lead to risk in our daily work environment
- ◆ To work safer, smarter and with less strain by eliminating risk at home, work and leisure
- ◆ To be able to protect themselves and others by intervening positively to stop unsafe situations

It's a must do course.

Ranging from school children to every adult.

I hope I had done  
this course 10 years earlier

Mr Ronald Reny Course Participant Cairo

## Who Should Attend

- ◆ Managers
- ◆ Engineers
- ◆ Executives
- ◆ HSE staff
- ◆ Contractors
- ◆ Field and Office staff
- ◆ Practically any body who does manual lifting

## Registration

Please contact **Sara Kalsoom**,  
Facilitator Corporate Services with participants' details:

- ◆ Email: [sara@osalp.com.pk](mailto:sara@osalp.com.pk)
- ◆ Phone: 042-3660 1495, 042-36610391 -2
- ◆ Mobile: 0300-5500690
- ◆ Fax: 042-36610396

## Date 2010

- ◆ 28th Jan Thu Islamabad
- ◆ 23rd Sep Thu Karachi

## Course Fee

- ◆ **Course fee = Rupees 10,000/Person Islamabad**
- ◆ **13,000/Person Karachi**
- ◆ Course fee is inclusive of Training Booklets, Lunches, Teas and Training Certificates
- ◆ We offer group package rates for more than 2 participants from the same organization

## This Training In your Company

If you have a number of delegates with similar training needs, OSALP International also offers cost-effective in-house or on-site training solutions. The course can be tailor-made to suit your specific needs.