

# Awareness seminars on preventing sprains, strains & repetitive motion injuries



**Working overhead**



**Vibration**



**Repetitive motion**



**Awkward postures**

This type of work leads directly to strains, sprains, back and shoulder injuries, carpal tunnel syndrome, and more. These injuries may take days, months or years to manifest—but they force skilled workers out of the industry and increase contractors' workers' compensation costs substantially.

Learn how to prevent these injuries so that workers stay healthy and productive throughout their careers. We'll discuss current attitudes and approaches to dealing with this safety issue as a win-win for workers and employers.

- ▶ Each year in the US, 31,000 construction workers seek medical attention due to sprains and strains suffered on the job....
- ▶ Sprains, strains and repetitive motion injuries account for almost 25% of all workplace injuries and cost businesses billions of dollars each year.

## **Schedule an awareness seminar on preventing sprains, strains & repetitive motion injuries**

- ▶ Offer open to eligible labor and management groups. This seminar is ideal for union safety meetings, conferences, apprenticeship classes, and employer association events.
- ▶ Seminars are sponsored by the State Building & Construction Trades Council and funded by OSHA. They are free of charge.
- ▶ Minimum of 15 participants is required.
- ▶ Choose the option that best fits your group:
  - ✓ 2 *or* 4 hours
  - ✓ English *or* Spanish
  - ✓ We'll come to your event, worksite or training center
- ▶ Training uses powerpoint and interactive activities to teach about the hazards and how to prevent them.

### **FOR MORE DETAILS OR TO SCHEDULE A SEMINAR:**

Contact Laura Boatman, Project Coordinator at 916-443-3302  
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This material was produced under grant #5H-22310-11-60-F-6 from the Occupational Health and Safety Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

