



Safety & Ergonomic Training

ETCSafety™ is a subsidiary of Ergonomic Technologies Corporation (ETC). ETC has over 15 years of experience in occupational risk management. During the course of our travels, we at ETC have identified a void in qualified, experienced safety instructors and have made it our primary goal to fill this void by incorporating **ETCSafety™** in June 2008.

ETCSafety's™ mission is prevention. We offer our clients the ability to be proactive by reducing work related injuries and fulfilling OSHA and other required and desired training courses. It takes industry-specific training and experience to understand the complex array of issues and factors that affect occupational safety and health. Fulfilling mandatory OSHA requirements doesn't have to be difficult but will help decrease Workers' Compensation claims and lost time while protecting and keeping your employee's more productive.

OSHA 10 Hour Construction

Construction hazards take a devastating toll each year. Accidents and injuries caused by construction site hazards are very expensive. OSHA standards specifically require frequent and regular inspections of the job sites, materials and equipment by a **“Competent Person”**. This voluntary compliance course, given by OSHA certified instructor(s), will provide training for those members of your work force that are responsible for construction work site safety. Those who attend will receive a certificate of successful and wallet card from the OSHA Training Center. In addition to complying with the regulation, this course offers your personnel an excellent understanding of the specific safety and health hazards found on a typical construction work site. Note: Because of the depth of the material required to be covered in the ten –(10) hour course this program has been expanded to two - (2) full days. To receive certification attendance on both days is required.

OSHA 30 Hour Construction

Construction hazards take a devastating toll each year. Accidents and injuries caused by construction site hazards are very expensive. OSHA standards specifically require frequent and regular inspections of the job sites, materials and equipment by a **“Competent Person”**. This voluntary compliance course, given by OSHA certified instructor(s), will provide training for those members of your work force that are responsible for construction work site safety. Those who attend will receive a certificate of successful completion from the Building Contractors Association, (BCA) and a similar wallet card from the OSHA Training Center. In addition to complying with the regulation, this course offers your personnel an excellent understanding of the specific safety and health hazards found on a typical construction work site.

ETC Safety™
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Ergonomic Guidelines for Training for Construction

The construction industry has a very high rate for injuries higher than almost any other industry. Employers are spending millions of dollars in workers' comp insurance, lost worktime, errors and redo work, damage to equipment and most importantly, damage to our employees. Attend this session and learn about the problems and most importantly, the solutions to problems. Ergonomics plays a major role in the **prevention** of accidents, injuries and costs.

How Prevent Musculoskeletal Injuries & Reduce Back Injuries

Back injuries are the most expensive and the reason for the greatest majority of lost work time in the construction and other industries. Attend this energized session and learn about the risk factors of indoor and outdoor work, how to protect your body from musculoskeletal injuries on the job and how to retire without pain. Ergonomics is the applied science that can prevent cumulative trauma injuries of all of your employees' bodies. Put the dollars back into your revenue stream and not into worker compensation payments.

Office Ergonomics 101 – (half day session)

Welcome to the world of Office Ergonomics!

This half day session will be fun, entertaining and you will learn a lot.

No matter what are job requirements, we all interact with a computer, keyboard, mouse, monitor, workstation, telephone, calculator, and other accessories during our worktime or at home. It is critical to learn the risk factors as well as the solutions.

- Office Ergonomics
- Injury Potential- Work, Home, Personal
- Known Ergonomics Risk Factors
- Using the cell phone, the Blackberry or other communication devices

Workstation Adjustment for Improved Ergonomics

- Personal Ergonomics Assessment (baseline)
- Personal Workstation Adjustment
 - Organize Your Work Area
 - Adjust your Chair
 - Adjust your Keyboard and Mouse
 - Minimize Eye Strain
 - Adjust Your Monitor
- Personal Ergonomics Assessment (follow-up)
- Office Ergonomics Checklist and Guidelines

Optimized Work Methods and Exercise

- Optimize Your Work Methods
- Exercise Break

Training Calendar

OSHA 10 Hour Construction **\$240.00**

May 28 & 29, 2009 **June 6 & 7, 2009** **June 15 & 16, 2009**

OSHA 30 Hour Construction **\$450.00**

May 16, 30, June 6, 13, & 27, 2009 **June 22, 23, 24, 25, & 26, 2009**

Ergonomic Guidelines for Training for Construction **\$**

May 18, 2009 **June 9, 2009**

How Prevent Musculoskeletal Injuries & Reduce Back Injuries **\$**

May 19, 2009 **June 18, 2009**

Office Ergonomics 101 **\$**

May 27, 2009 **June 29, 2009**

Please register me for the following courses.

Date & Course _____

Name _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Telephone: _____ **Fax (for updates):** _____ **E-mail:** _____

Payment Option:

check or money order payable to ETC Safety, 6851 Jericho Turnpike, Suite 200, Syosset, NY 11791

I authorize you to email & fax notifications of future programs.

Signature:

_____ **Date:** _____

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