

## **Industrial Hygiene Overview: Recognizing Occupational Health Hazards**

### **Who should participate**

This class is for anyone involved with health and safety, but has limited knowledge of industrial hygiene issues, or those who are interested in a broad overview of industrial hygiene topics.

You will learn:

- Definition of occupational/industrial hygiene;
- Recognition of potential health hazards (dusts, mists, gases, vapors, noise, etc.);
- Evaluation methods used to determine employee exposure to chemical and physical hazards;
- Control methods to reduce the risk of occupational illness or injury;
- Required written programs.



## **Preventing Slips/Trips/Falls**

### **Who should participate**

Anyone interested in preventing slips, trips, and falls or affected by them will find this class beneficial.

You will learn:

- Housekeeping programs;
- Ladder Safety, scaffolding and work platforms;
- Design and maintenance of walkways and stairs;
- Appropriate footwear.

# Workplace Safety **Web Courses**



To register, log on to [www.bwclearningcenter.com](http://www.bwclearningcenter.com), or call 1-800-OHIOBWC, and press option 2, 2 and then 2 again.

The Ohio Bureau of Workers' Compensation's (BWC's) Division of Safety & Hygiene is dedicated to meeting customers' needs for occupational safety and health training. The division's training center offers many resources, including Web-based training classes. Employees can learn in their own work environment at their own pace, choosing a window of learning time when work is not adversely affected. This reduces travel time to zero, and saves travel expenses and time away from the job.

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### Special requirements

Internet access



## Avoiding Back Trauma

### Who should participate

This class is for anyone interested in preventing back pain disability or those who perform lifting, pushing and/or pulling activities in the course of their job.

### You will learn:

- The risk factors for back pain;
- How to use and apply BWC/The Ohio State University Lifting Guidelines;
- How to use ergonomics to prevent back pain.

## Ergonomics: Office Ergonomics

### Who should participate

Sign up for this class if you work at a computer for more than four hours per day in any job title. Supervisors, risk managers, human resource staff, loss control and facility professionals in these companies will benefit from taking this course.

### You will learn:

- How to reduce your chance of developing a cumulative/repetitive injury;
- Correct posture and keyboarding/mousing techniques;
- Proper adjustment of your computer workstation to your body size (chair, keyboard, mouse and monitor);
- Simple stretching exercises to alleviate discomfort and prevent cumulative/repetitive injuries;
- Symptoms of cumulative/repetitive injuries;
- Tips for troubleshooting and alleviating discomfort in various parts of your body;
- When and how to report an injury or obtain further assistance;
- Self-assessment of your workstation set up and your posture;
- Optional: Laptop safety and tips for protecting your voice (call centers).

## Getting Started with Safety

### Who should participate

Individuals asked to develop a safety and health program at work, but have no prior experience in this area should participate in this class.

### You will learn:

- Employer's and employee's responsibility for a safe work environment;
- What hazards to look for;
- How to do a job safety analysis;
- Available resources;
- What written programs are needed;
- What training is needed.