



Webinar: Overexertion injury prevention

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Do you have a bad back? This webinar is for you!

This one hour webinar will use examples from tree falling, log truck driving and silviculture operations to explain what overexertion injuries are, and how they occur.

A focus of the presentation will be to introduce tools that you can use in your company's operations to prevent these injuries. In addition to sprains and strains, heat stress injuries such as heat exhaustion and heat stroke.

What is the webinar duration? 1 hour

How is the session offered? The WebEx program is an easy web-based download to your computer. You will need a computer equipped with speakers and an internet connection. If you don't have speakers, you can call a special phone number to access the audio component of the webinar. Note: Please allow 5-10 minutes prior to the session to download the program.

How much does the webinar cost? There is no charge for this webinar.

How do I register? Please register with training@bcforestsafe.org or 1-877-741-1060.

Confirmation details on your invitation to the webinar will be e-mailed prior to the session start.

<i>2013 Scheduled Webinar Sessions – Overexertion injury prevention</i>	
Date	Time
Sessions may be offered in 2013. Please let us know if you're interested!	

Please complete and submit next page only

WEBINAR ENROLLMENT FORM – Overexertion injury prevention

Session Date Preferred:

Personal Information *(complete fully and print clearly)*

First Name		Last Name	
Mailing Address		City / Town	
Province	Postal Code	Email Address	
Phone Number (main)		(Cell, other)	Fax Number
<input type="checkbox"/> Employer's Company Name OR <input type="checkbox"/> Your Own Company Name			Company WorkSafeBC #

Your company and/or personal information is only used for purposes of course registration. Confidential information will not be disclosed to third parties. Your information is valuable and we ensure all reasonable measures are taken to protect it.

Send this completed form to BC Forest Safety Council by:

1. Email: training@bcforestsafe.org
2. Fax: (250) 741-1068
3. Mail: 420 Albert St., Nanaimo, BC V9R 2V7



BC Forest Safety Council
Unsafe is Unacceptable