



## 20 Years of Safety Excellence – June 2023: Working at Heights

Musculoskeletal Disorders (MSD) or Ergonomic injuries are more than a buzzword. OSHA approximates that 1 in 3 injuries is an MSD and is costing U.S. workplaces billions of dollars each year. This month we are relaunching our recent video on **Musculoskeletal Wellness**. This video comes with a pocket guide, documentation sheet, test, and answer key. The kit also includes several microlearning videos and a supervisor video, both collaborations with our partners at CNA Insurance. You can also rewatch our Ergonomics webinar where we partnered with Washington University in St. Louis and CPWR to reduce MSDs in construction.

### Worker Safety Training Videos & Accompanying Resources:

#### Musculoskeletal Wellness (Ergonomics)

- [Video](#)
- [Pocket Guide](#)
- [Documentation Sheet](#)
- [Test](#)
- [Answer Key](#)

#### MCAA/CNA Microlearning Safety Video Series

- [Worker Personal Health to Help Prevent Musculoskeletal Injuries](#)
- [Safe Lifting Technique to Help Prevent Musculoskeletal Injuries](#)
- [Proper Material Staging to Help Prevent Musculoskeletal Injuries](#)

#### Safety Training Webinars

- [Creating a Contractor Ergonomics Program to Reduce Soft Tissue Injuries Among Construction Workers](#)

#### Supervisor Safety Training Webinars

- [Motion is Money and Safety Video for Supervisors](#)