

Strains, Sprains, and Pains: Injury Prevention and Ergonomics for Seafood Processing Workers

Learn to Prevent Work-Related Injuries

Topics Covered Include:

- Musculo-Skeletal System
- Injury Risk Factors
- Injury Prevention
- Repetitive Motion
- Cold Temperature
- Techniques for Lifting, Pushing, and Pulling
- Workstation and Tool Design
- Stretches and Exercises



*Your Processing Plant
Your Dates & Times*



Fishing Vessel Safety Workshops



Fishing Vessel Drill Conductor

- Cold-Water Survival Skills
- EPIRBs, Flares, and Maydays
- Man Overboard Recovery
- Firefighting
- Immersion Suits & PFDs
- Emergency Drills
- Helicopter Rescue
- Life Rafts
- Abandon Ship Procedures
- In-the-Water Practice Session
- FREE to Commercial Fishermen!



Injury Prevention for Commercial Fishermen

- Musculo-Skeletal System
- Injury Risk Factors
- Injury Prevention
- Repetitive Motion
- Cold Temperature
- Techniques for Lifting, Pushing, and Pulling
- Workstation and Tool Design
- Stretches and Exercises
- Free to Commercial Fishermen!

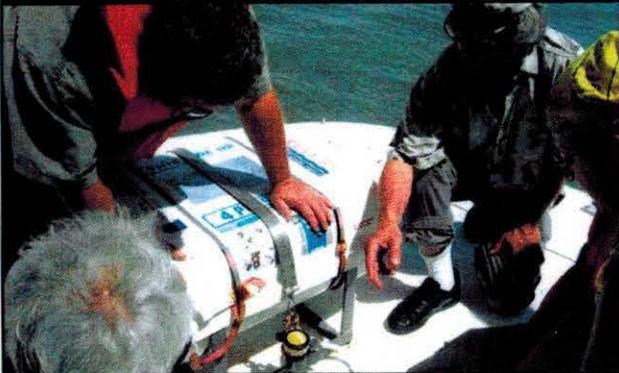


Mariner's First Aid & CPR

- CPR & AEDs
- Treatment of Choking
- Medical Emergencies
- Trauma
- Environmental Hazards
- Patient Assessment
- Medical Communications
- Drowning & Hypothermia
- Common Fishing Injuries
- USCG Accepted 2-Year Certificate
- Costs only \$95.00!

To register call [REDACTED] or register online at www.amsea.org!

Fishing Vessel Safety Workshops



Fishing Vessel Drill Conductor

Meets USCG Training Requirements!

- EPIRBs, Flares, and Maydays
- Man Overboard Recovery
- Firefighting
- Emergency Drills
- Helicopter Rescue
- Abandon Ship Procedures
- Immersion Suits & PFDs
- Life Rafts
- Cold-Water Survival Skills
- In-the-Water Practice Session

Fishing Vessel Stability & Damage Control

Stay upright & watertight!

- Stability: How Does that Work?
- Stability Terminology
- Watertight Integrity
- Operational Considerations
- Damage Control
- Calculate & Evaluate Stability
- Stability Guide Formats
- Case Studies

Injury Prevention for Commercial Fishermen

Avoid injuries & make more money!

- Musculo-Skeletal System
- Injury Risk Factors
- Injury Prevention
- Repetitive Motion
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- Techniques for Lifting, Pushing, and Pulling
- Workstation and Tool Design
- Stretches and Exercises

FREE TO COMMERCIAL FISHERMEN! To register call [redacted] or register online at www.amsea.org!



Marine Safety Workshops

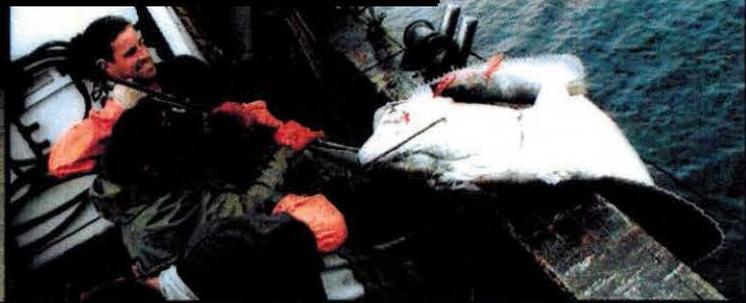


Mariner's First Aid & CPR Two Classes to Choose From!

**U.S. Coast Guard-accepted training
is designed for commercial
fishermen and other mariners.**

- CPR & automatic external defibrillators (AED)
- Treatment of choking
- Medical emergencies
- Trauma
- Environmental hazards
- Patient assessment
- Medical communications
- Drowning & hypothermia
- Common fishing injuries

Attendees receive the U.S. Coast Guard accepted two-year first aid & CPR certification from the American Safety & Health Institute. The cost for this course is \$95.



Strains, Sprains & Pains

**Injury Prevention for Commercial Fishermen
Three Classes to Choose From!**

**Avoid injuries - Work efficiently
Make more money!**

- Musculo-Skeletal System
- Injury Risk Factors
- Injury Prevention
- Repetitive Motion
- Cold Temperature
- Techniques for Lifting, Pushing, and Pulling
- Workstation and Tool Design
- Stretches and Exercises

**"I wish I had known about
this thirty years ago!"**

Space is limited! To register call AMSEA at [REDACTED].

Alaska Marine Safety Education Association [REDACTED]



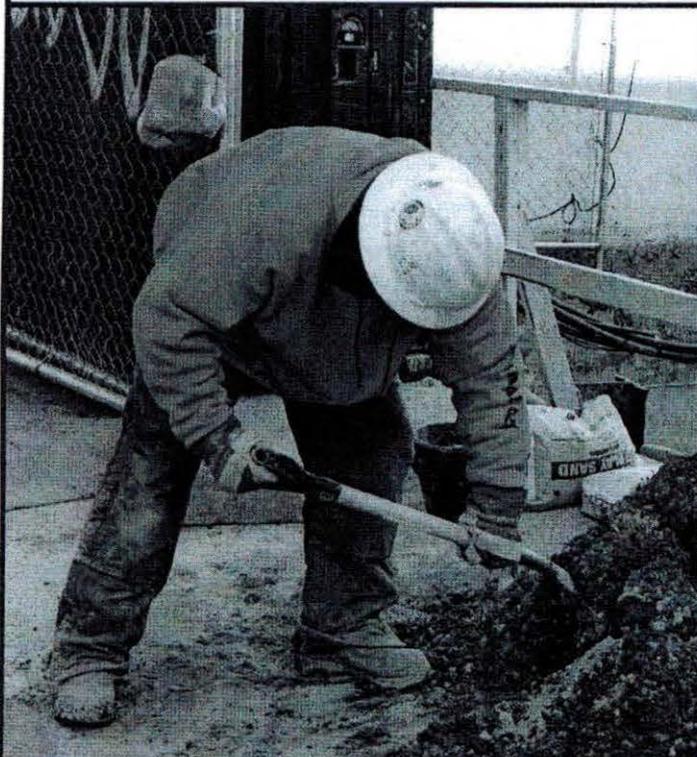
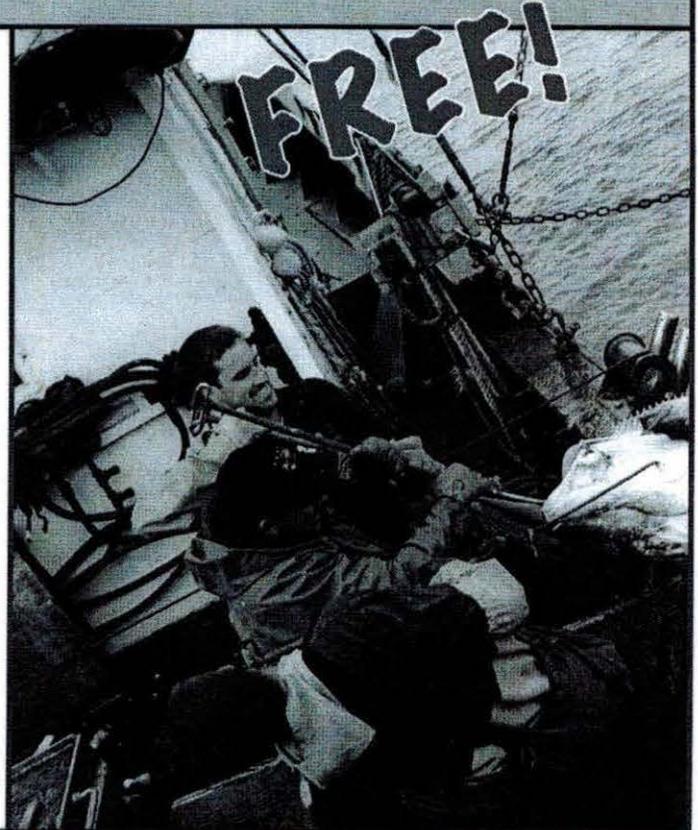
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Injury Prevention and Ergonomics for
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Instructor: _____

Register online at <http://amsea.org> or call



Alaska Marine Safety Education Association
