

BUILDING RESILIENT WORKERS: HEALTH AND SAFETY AT WORK



- Practise your English and meet new friends
- Learn how to take care of yourself
- Obtain other resources from the community
- Some of the topics that we will cover are:
 - Rights and responsibilities at work
 - Hazards in the workplace,
 - Workplace First Aid
 - Ergonomics
 - Workplace violence

Join us for 8 sessions and learn about Health and Safety at Work

Wednesdays from January 6 to February 24

from 6:00pm to 8:00pm

This program is for Temporary Foreign Workers

IMPORTANT:

This is an online course.

You will need a laptop, tablet or a smartphone and access to the Internet.

The use of headphones is highly recommended.

If you need help to set up your Zoom account please contact us.

For more information about this event or to register contact
Lizeth Escobedo lizeth.escobedo@gv.ymca.ca or register in Eventbrite

EVENTBRITE LINK ONCE APPROVED

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Building healthy
communities

