



**ZENITH UNIVERSITY**

# Manual Material Handling (MMH)

(PRESENTED IN ENGLISH)

## Course Description

By taking this course, you will learn about:

- Anatomy of the back
- Injuries resulting from MMH controls
- Lifting techniques
- Lifting aids and back belts

Possible outcomes to expect from taking this course include lowered workers' compensation costs, a reduction of MMH exposures in your workplace, an increase in employee morale and, consequently, an increase in production and quality.

## **WHO SHOULD ATTEND THIS WEBINAR?**

- Owners/presidents
- Supervisors
- Managers
- Safety professionals
- HR professionals

To view other courses offered by Zenith, visit  
[www.thezenith.com/seminars](http://www.thezenith.com/seminars)

**TheZenith®**  
WORKERS' COMPENSATION SPECIALISTS

## **WHEN**

**Friday, March 16, 2012**  
10 a.m. – 11 a.m. (EST)

## **WHERE**

### **Your workstation**

This webinar is offered through WebEx. You will need a telephone and internet access (we recommend speakerphone capability or a headset). If you have any WebEx questions, please visit the [WebEx support page](#).

## **REGISTER**

This course is **FREE** for Zenith policyholders. You may register using the online form at [thezenith.webex.com/ec](http://thezenith.webex.com/ec). Contact Carrie Williams at [cwilliams2@thezenith.com](mailto:cwilliams2@thezenith.com) with any questions or enrollment issues.

**REGISTRATION DEADLINE:**  
**Wednesday, March 14**