



Stretching Boot Camp

Individuals will be trained in the proper instruction and application of warm-ups, stretching and microbreak techniques relevant to the posture and work demands of a company's workforce. Upon completion of the course, the participants will have the confidence to lead their workers in the appropriate use of microbreaks and worksite warm-up strategies. Registration is limited.

Date (Early Registration Deadline)	Course Fee (Early Registration Fee)	Time	Location
March 4 th , 2010 (February 4 th)	\$395 + GST (\$325 + GST) Group discounts available	8 AM – 4:00 PM (1 hr lunch on own)	SafeTech Office, 12126-90 Street, Edmonton

Course Objectives:	Course Content:
<ol style="list-style-type: none"> To provide participants with the necessary tools to introduce warm-up, microbreak and stretching techniques that will, in turn, reduce personal injuries and the pain and suffering associated with work and life stressors. To ensure that only the safest techniques are implemented at a worksite, relevant to the physical demands placed on the workforce. 	<ul style="list-style-type: none"> Roles / responsibilities including legalities and liabilities Introduction to physical fatigue management Working posture analysis and proper biomechanics Appropriate warm-up, microbreak & stretching techniques Contraindicated exercises and stretching techniques Construction of an effective program Motivational techniques and participation strategies Practical assessment and review

Registration Form: (Fax to 1-780-414-6435)

Name: _____ Company: _____

Address: _____ Phone Number: _____

_____ Fax Number: _____

Email: _____

Payment by Visa, MasterCard or cheque must be received prior to course date to secure a spot in the workshop. Invoicing is available with the provision of a purchase order number. **Please Note: Refunds are as follows,**

- Cancellations one to six business days prior will be refunded at 50%.
- There are NO refunds for no-shows.

Method of Payment:

Please invoice me with the following Purchase Order #: _____

OR,

Visa or MasterCard Card #: _____ Expiry Date: _____

Name on Card: _____