



# MUSCULOSKELETAL HEALTH EDUCATION

## FREE ONLINE VIDEO-BASED LEARNING SERIES

Agricultural workers are at increased risk for developing musculoskeletal conditions due to the physically strenuous nature of their work. Despite these risks, access to healthcare and preventive health education is limited. This is why our team is offering two new on line video-based educational series at no cost with the aim of improving musculoskeletal health education for those involved in agricultural work. Each series takes 30-45 minutes to complete and are intended for:

- Community health workers, healthcare providers, farm owners, and crew leaders
- Farmworkers/Agricultural workers (in Spanish)

### PARTICIPANTS WILL LEARN ABOUT:

- Common conditions associated with agricultural work
- Factors that increase risks
- Protective/preventive factors to reduce risks
- Screening and basic first aid for common conditions

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Physical  
Therapy