



SALEM AREA SAFETY COUNCIL

DATE:
January 18, 2019

TIME: NOON
(Lunch Buffet Opens @ 11:45 a.m.)

PLACE:
SALEM COMMUNITY CENTER
1098 NORTH ELLSWORTH AVE.

COST:
\$14.00 - Chamber Members
\$19.00 - Non-Chamber Members
Payable by cash, check, or luncheon ticket. Books of six luncheon tickets are available:
\$84.00 – Chamber Members
\$114.00 – Non-Chamber Mbrs.
Please make checks payable to:
Salem Area
Chamber of Commerce

RESERVATIONS REQUIRED

Reservations can be made by calling 330-337-3473 or info@salemohiochamber.org
*Any reservation not cancelled within 24 hours of the luncheon will be invoiced.

Deadline for reservations is
Tuesday, January 15, 2019.

The Salem Area Safety Council
is a division of the Salem Area
Chamber of Commerce
713 East State Street
Salem, Ohio 44460
330-337-3473 Fax: 330-337-3474
www.salemareasafetycouncil.org
www.salemohiochamber.org

JANUARY 2019 MEETING

Topic:
"Use Your Head & Save Your Back"
Proper Lifting Techniques

Speakers:
Mark Brammer, Doctor in Physical
Therapy with TuDor Physical Therapy



At the end of the presentation, Safety Council members should be able to:

- ♦ Explain the ways an injury can occur at work or at home when lifting.
- ♦ Recognize ways to lift properly to prevent an injury.
- ♦ Understand what injuries may occur if you do not lift safely.

**This Program Is For All Employees
and Members of Your Safety Committee!**