

Musculoskeletal Health Learning Series for Agricultural Outreach Workers

Department of Physical Therapy at Western Carolina University, in conjunction with Vecinos Farmworker Health Program. Produced by WCU IT Video Services.

Description: The purpose of this video-based learning series is to help outreach workers provide better musculoskeletal health education and care for agricultural workers. Participants will learn about: 1) common musculoskeletal symptoms experienced by agricultural workers, 2) factors that increase the risk of developing musculoskeletal symptoms, 3) protective or preventive factors to reduce these risks, and 4) how to screen for more serious health conditions and provide basic first aid for common musculoskeletal health issues.

Language: The videos are in English, with some Spanish segments accompanied by English subtitles.

Completion requirements: Participants will complete a brief pre-test, view five short videos either individually or combined, and complete a post-test and learning series evaluation to receive a certificate of completion. The complete video module (Sections 1-5) is approximately 22 minutes in length. Including the brief pre-and post-test and the evaluation, **the module will take an estimated 45 minutes to complete.** When finished, please [email](#) Mary J. Rockers, NC Farmworker Health Program stating that you have completed the module, and a training certificate will be sent via email.

[Pre-test](#)

[Section 1:](#) Introduction to Musculoskeletal Health and Agricultural Workers (4:50)

[Section 2:](#) Physical Risk Factors in Agricultural Work (4:37)

[Section 3:](#) Protective Factors: Strategies to Reduce Risk (6:05)

[Section 4:](#) Screening and Basic First Aid (4:30)

[Section 5:](#) Review (2:14)

[Full module](#) (Sections 1-5 combined) (22:10)

[Post-test](#)

Now you're ready for your certificate of completion! [Send an email](#) with the subject line "video module complete" (no message required) to receive.

Additional Resources:

¡Cuidate! *A simple guide to preventing muscle injuries at work (photonovela).*
By Migrant Clinicians Network and the Northeast Center for Agricultural Health.
Download available in [English](#) and [Spanish](#).