How important is back health?

Back injuries are on the rise.

Our training program, Avoid Back Pain,

will review the causes of back pain and take you to the job site

and show you where the hidden dangers really lie.

Whether you work behind a desk, in the shop or in the field,

learn how to avoid back pain.

How to Access MEL Safety Institute's Online Training Courses

1. Click the following link for the MEL Safety Institutes Learning Management System:
   www.firstnetcampus.com/meljif
2. If you have previously taken MSI classes, enter your username and password. If you are new, click 'New User Registration.' Complete the fields and you will receive an email with your username and password.
3. Click on the On-Line Training Courses, at bottom right.
4. Click the course you would like to complete.
5. Click 'Enroll'.
6. Click the 'My Training' tab on the top blue tool bar.
7. Click the program name to launch the course.
8. Upon completion of the course and questions navigate to the 'Student Center' tab to print your Certificate of Completion. Transcripts are automatically updated in the MEL Safety Institute's Learning Management System.

Questions? Contact the MSI Help Line (866) 661-5120
The MEL Safety Institute can also be accessed anytime by going to www.njmel.org.