



Report all workplace injuries immediately.

Repetitive Strain Injury (RSI) – also called Musculoskeletal Disorder (MSD) – is an umbrella term for injuries caused by repetitive motion or constant use.

RSIs can affect your musculature, joints, and tendons, are a result of repetitive motions, and generally develop over time. The slow onset can make RSIs difficult to diagnose, and may cause damage that is irreversible and/or irreparable.



Common Symptoms

- Pain
- Swelling
- Tingling
- Numbness
- Decreased ability to use muscle
- Aching
- Pale, white skin

Common Injuries

- Tendonitis
- Carpal Tunnel Syndrome
- Trigger Finger
- Degenerative Disc Disease
- Pinched Nerve
- Ganglion Cyst



RSI Hazards

- Awkward posture
- Speed
- Vibration
- Workstation design

- Manual material handling
- Tools
- Cold environment
- Extended reach



Strategies for Change

- Develop a sub-committee of the Joint Health & Safety Committee (JHSC).
- Assess each workstation and redesign as needed.
- Educate and train workers on new set up and practices.



Ergonomic Changes

- Reduce workers' reach.
- Proper standing surfaces such as anti-fatigue mats.
- Instrument displays at eye level.
- Only ergonomic chairs or sit/stands.
- Workstations designed for the tallest workers with stands to accommodate all heights.
- Proper tools and equipment for tasks kept in good repair.
- Have adjustable heights on conveyor systems.
- Take worker input into consideration.



Remember:

If your symptoms and injury could be work related, tell your doctor. Workplace Safety & Insurance Board (WSIB) forms must be filled out for your injury to proceed as a compensation claim. Keep copies of all documents and correspondence relating to your injury.

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