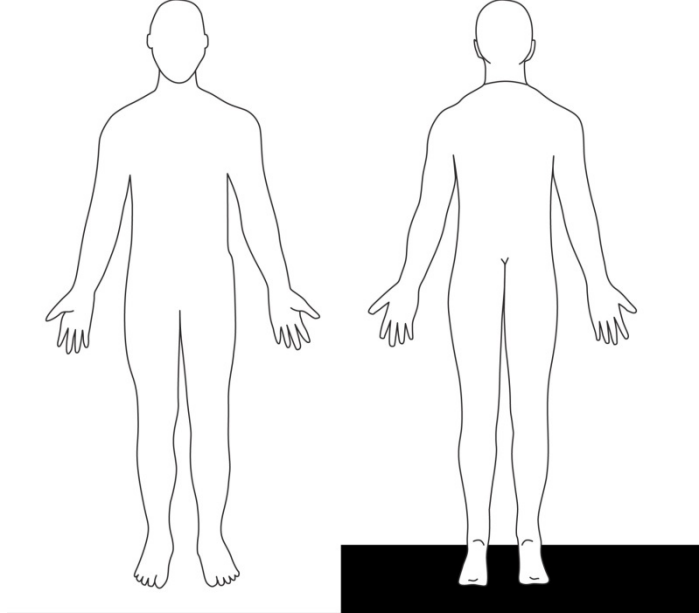


Repetitive Strain Injury (RSI) Awareness Day Activity

Department/Unit:

RSI describes a range of soft tissue disorders related to physical activity that may result in symptoms such as persistent muscle and soft tissue pain, as well as tingling, numbness and loss of strength. Examples of RSI include: carpal tunnel syndrome, tendinitis and epicondylitis.

The goal of this activity is to help you gain a better understanding of the risks for RSI in your work, and what can be done to address those concerns. Please complete the sections below, individually or as a group, and return to your Steward or BCNU Joint OH&S Committee Representative to follow up.

<p>If you have experienced signs/symptoms or RSI in the past month, indicate the affected area on the body map below. See definition above.</p>	<p><i>Risk factors for RSI include frequently repeated movements that use the same muscles, and require forceful exertion, or awkward postures.</i></p>
<div style="text-align: center;">  <p>Front Back</p> </div>	<p>What work activities are associated with your signs/symptoms or have risk factors for RSI?</p> <p>What changes to your work environment, tools and equipment or work practices would improve the situation?</p>

Note: Completing this survey is not a substitute for reporting. If you encounter risk factors for repetitive strain injury (RSI) in your work, or are experiencing an RSI, please notify your manager and consult your OH&S Steward or BCNU Joint OH&S Committee Representative.