

International Repetitive Strain Injury Awareness Day

Hints and Tips for BCNU Stewards and Joint OH&S Committee Representatives

The goal of RSI Day is for stewards and BCNU Joint OH&S Committee (JOHSC) representatives to engage members in discussions and activities about RSI. BCNU encourages stewards and JOHSC members to:

- > Find out what is going on for members, and what their concerns are when it comes to RSI.
- > Talk about the risk factors of RSI in their work, and their suggestions to improve the work environment, tools, equipment or work practices and eliminate the causes of RSI.
- > Create an action plan to address the concerns.
- > Advise members what to do if they experience symptoms of an RSI.
- > Follow up with members after RSI Day and share what's been done about the issues they raised.

1. Preparing for RSI Day

- > Find out where members in your region are at risk for RSI or have raised concerns about RSI.
- > Work with your region to create a regional action plan for RSI engagement. Decide what units or worksites to focus on and how to use the resources for member engagement e.g. work site visits, unit walk and talks, lunch and learn session, drop in sessions.
- > Familiarize yourself with the BCNU resource materials for RSI, including risk factors, symptoms, example tasks with risks for RSI, and steps to take for improving the workplace.
- > Know what's available at your health authority or worksite for identifying RSI risk factors, reporting, requesting risk assessments, and participating in OH&S education. Be able to share this information with members.
- > Have contact information available for members needing assistance to resolve an OH&S concern. This may include Workplace Health Call Centre, worksite stewards, the BCNU JOHSC representative, and the BCNU regional OH&S representative.
- > Organize details such as room booking and communication/advertising such as posters, emails, BCNU social media. Follow the employer's applicable policies for confidentiality when taking and posting photos, and advise members to do so as well.

Resources available on BCNU.org to support your outreach:

- > An RSI Day body map activity survey
- > An RSI Day power point presentation with speaker notes
- > An RSI Day poster to promote the day
- > RSI Day pocket resource cards may be available through your regional OH&S representative

2. Lead an activity to engage with members. Here are some suggestions:

1. Visit a unit, department, or work area:
 - > Start a conversation with members about their work and RSIs.
 - > Ask members the questions on the body map activity and record their responses on one worksheet. You could also leave the survey on a unit for members to complete and tell them when you'll pick it up.
2. Organize a lunch-and-learn, or a drop-in session:
 - > Post three flip charts (or more as needed) around the room.
 - > Draw the body map outline on one page.
 - > Print the survey questions on the other pages. Ask members to brainstorm answers to the questions (adding to any ideas already listed).
 - > Give members pens or stickers to mark areas where they experience signs and symptoms of RSI.
 - > Circulate and talk with them about the concerns they identify and solutions they have.
3. Use the PowerPoint presentation at a BCNU meeting event such as a regional meeting, steward meeting, or steward planning day. Have small groups complete the body map activity.

3. Follow up the concerns members have discussed with you

- > Raise concerns at the next JOHSC meeting.
 - > Discuss information gathered from engaging members, such as the body maps.
 - > Bring suggestions for prevention from sessions with workers. Discuss possible changes to work/ tools, practices to reduce or eliminate RSIs.
 - > Find out how members can have their work ergonomics assessed and make recommendations to have this done.
 - > Work with the JOHS Committee to create an action plan.
- > Contact your regional OH&S rep if you need further assistance to get action on concerns members raised.
- > Follow up with members after RSI day and share what has been done to address the issues they raised.

4. Connect with your region

- > Provide a summary of your event and outcome to the regional OH&S rep.
- > Provide a report of the issues members are facing in your region. Member-specific personal information is not required in these reports.

Notes

- > Remind members that doing the body mapping is not a substitute for reporting.
- > Encourage workers to report their signs and symptoms early using the employer's reporting system.