

# International Repetitive Strain Injury Awareness Day

## Speakers Notes

### Slide 1: International Repetitive Strain Injury (RSI) Awareness Day

#### Slide 2: Goals of RSI Day

The goals of RSI Day are to highlight:

- > the causes of RSI
- > the need to eliminate those causes
- > the importance of fair compensation for workers disabled by RSI

BCNU uses this day to raise awareness about RSI and how we, stewards and JOHSC reps, can help you identify and address RSI issues in your workplace.

Events are held every year on the last day of February to focus on creating awareness and action.

To be effective, prevention efforts need to be ongoing every day of the year!

Note: When presenting this information, highlight that nurses often have difficulty getting compensation for RSI claims, which is why they need to raise concerns early (i.e., when they have symptoms or before), seek first aid and report through the employer's reporting process (like the Workplace Health Call Center). Delays in reporting can impact how WorkSafeBC assesses the claim. If they have questions or concerns, please ask them to call head office and ask for WCB Intake

#### Slide 3: What is an RSI?

RSI is a broad term that describes a range of soft tissue disorders that may result in symptoms such as:

- > tingling or numbness
- > pain and stiffness
- > weakness

Examples of RSI are carpal tunnel syndrome, bursitis and tendinopathies. These conditions can be disabling.

#### Slide 4: Risk factors

Risk factors for RSI include frequently repeated movements that use the same muscles, and require forceful exertion or awkward postures.

### Slide 5: Tasks with RSI risk factors

The following are examples of tasks with risk factors for RSI:

- > Administering mass immunizations
- > Pill crushing
- > Dialysis equipment programming
- > Set-ups, such as opening OR packages
- > Chemotherapy drug administration via syringe pump
- > Data entry
- > Opening blister packs

Note: You could make this part of the presentation interactive. For example, ask your audience to raise their hand if their work includes one of these tasks, or ask if they have other examples.

### Slide 6: RSI symptoms

If you experience symptoms, here's what to do:

- > Seek first aid immediately when experiencing symptoms (remember to inform your supervisor if you need to leave the work area).
- > Follow up with your doctor as soon as you can
- > Report using the employee incident reporting process at your worksite (i.e., call centre, electronic or paper report).
- > Start a WorkSafeBC claim for medical treatment and/or missed time from work by calling TeleClaim at 1-888-967-5377. You may also print the Form 6 on-line at [www.worksafebc.com](http://www.worksafebc.com) to complete and fax.
- > Contact your BCNU steward or BCNU Joint OH&S Committee (JOHSC) representative and make suggestions for changes in the work environment, tools, equipment and how the work is done, to remove or reduce RSI risk factors.

Note: Members may raise issues about lack of support or problems reporting. If so, help them with navigating or trouble shooting.

### Slide 7: Make a difference at your workplace

If you identify risk factors for RSI in your work, it's important to report your concerns to your supervisor or manager, and tell your BCNU Steward or BCNU Joint OH&S Committee (JOHSC) representative.

When discussing your concerns, make suggestions for changes in the work environment, tools, equipment and how the work is done, with a goal to **remove or reduce** RSI risk factors.

Optional Activity: You could hand out the Body Map Activity tool at the end of the presentation and ask the group to complete it individually or in teams. Once complete, lead the group in a discussion. For example: What issues were identified? What steps could they take to address them? Etc.