



**BC NURSES'  
UNION**

*Standing up for health care*

# INTERNATIONAL REPETITIVE STRAIN INJURY AWARENESS DAY

February 28, 2015



## GOALS OF RSI DAY

To highlight:

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



## WHAT IS AN RSI?

*RSI is a broad term that describes a range of soft tissue disorders related to repetitive physical activity that may result in symptoms, including:*

- > Persistent muscle and soft tissue pain
- > Tingling
- > Numbness
- > Loss of strength

Examples of RSI are carpal tunnel syndrome, tendinitis and epicondylitis. These conditions can be disabling.

## RISK FACTORS FOR RSI

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



## THE FOLLOWING TASKS, WHEN DONE REPETITIVELY OR IN HIGH VOLUMES, CAN BE ASSOCIATED WITH RSI:

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



## THE KEYS TO PREVENTION

- > Recognizing risk factors for RSI.
- > Reporting early signs and symptoms.
- > Seeking first aid and seeing your physician.



## MAKE A DIFFERENCE AT YOUR WORKPLACE

- > Learn to identify risk factors for RSI in your work using the Body Map activity sheet.
- > Report concerns to your supervisor or manager.
- > Tell your BCNU steward or BCNU Joint OH&S Committee representative and make suggestions for changes in your work practices to prevent RSIs.
- > Make recommendations re: changing equipment, work practices and the work environment to remove or reduce RSI risk factors.

## HERE'S WHAT TO DO:

- > Seek first aid immediately when experience 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 time loss from work. Complete a form 6 online at [www.worksafebc.com](http://www.worksafebc.com) or by teleclaim 1.888.967.5377.
- > Contact the BCNU steward/representative on the JOHSC to discuss your recommendations for changes to your work environment, tools, equipment, etc.
- > Report your concerns to your supervisor or manager.
- > Tell your BCNU steward or BCNU Joint OHS Committee representative and recommend preventative actions through the Joint OH&S Committee.



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