



**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 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.

INTERNATIONAL REPETITIVE STRAIN INJURY AWARENESS DAY