

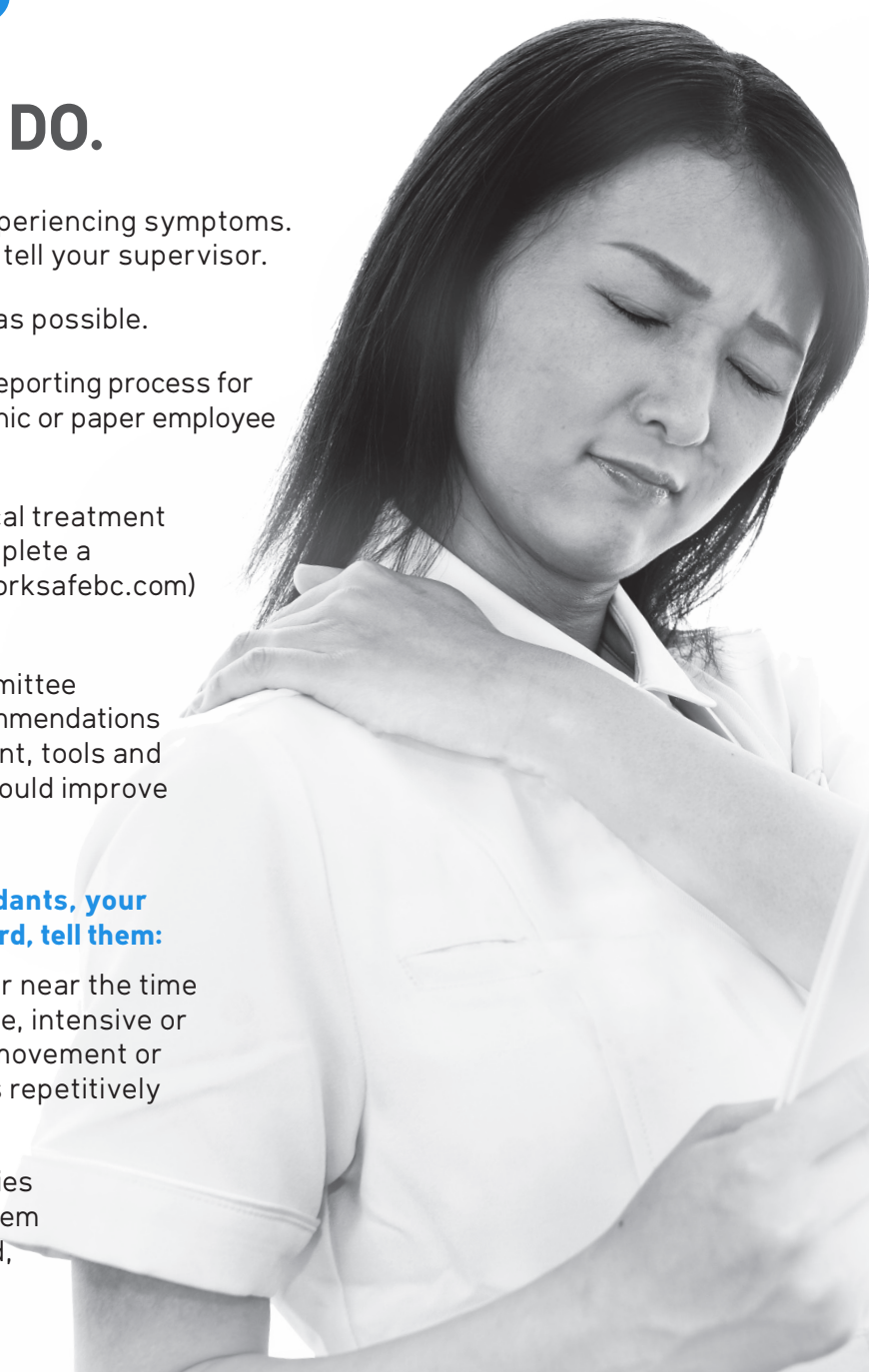
WORKING WITH A REPETITIVE STRAIN INJURY?

HERE'S WHAT TO DO.

1. Seek first aid immediately, when experiencing symptoms. If you need to leave your work area, tell your supervisor.
2. Follow up with your doctor as soon as possible.
3. Report using the employee incident reporting process for your worksite (i.e. call centre, electronic or paper employee incident report).
4. Start a WorkSafeBC claim for medical treatment and/or missed time from work. Complete a WorkSafeBC Form 6, online (www.worksafebc.com) or by Teleclaim: (1-888-967-5377).
5. Contact the BCNU Joint OH&S Committee representative to discuss your recommendations for changes to your work environment, tools and equipment or work practices that would improve the situation.

When speaking with first aid attendants, your doctor, WorkSafeBC and your steward, tell them:

- the movements you were doing at or near the time that you felt symptoms. For example, intensive or high volume work duties requiring movement or motions that use the same muscles repetitively or require significant effort.
- any recent changes to your work duties or the conditions that you perform them in. For example, increased workload, new equipment, or unfamiliar work.



Delivering quality care means working in a
safe and healthy environment. www.BCNU.org