



**BC NURSES'
UNION**

Standing up for health care

INTERNATIONAL REPETITIVE STRAIN INJURY (RSI) AWARENESS DAY



GOALS OF RSI DAY

- > To raise awareness about RSI
 - > Causes
 - > Elimination of causes
 - > The need for fair compensation

- > To help identify and address RSI issues in your workplace

WHAT IS AN RSI?

RSI is a broad term that describes a range of soft tissue disorders including carpal tunnel syndrome, bursitis and tendinopathies.

Symptoms may include:

- > Tingling or numbness
- > Pain and stiffness
- > Weakness

RISK FACTORS

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

TASKS WITH RSI RISK FACTORS

- > 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

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 www.worksafebc.com to complete and fax.
- > Contact the BCNU steward/representative on the JOHSC to discuss your recommendations for changes to the work environment, tools, equipment and how the work is done.

MAKE A DIFFERENCE AT YOUR WORKPLACE

If you identify risk factors for RSI in your work:

- > Report concerns to your supervisor or manager.
- > Tell your BCNU steward or BCNU Joint OH&S Committee (JOHSC) representative.
- > Make suggestions for changes in the work environment, tools, equipment and how the work is done, to **remove or reduce** RSI risk factors.

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