

February 28 is Repetitive Strain Injuries Awareness Day

This year marks the 18th annual Repetitive Strain Injury (RSI) Awareness Day. RSIs describe a collection of painful disorders of the tendons, muscles, nerves and joints in the neck, back, chest, shoulders, arms and hands. These injuries account for approximately 40% of all lost time injuries, and they are the number one cause of injuries in Ontario (Workplace Safety and Insurance Board).

How can you reduce the probability of sustaining a RSI?

- Take all scheduled breaks, including the lunch break;
- Vary postures and work activities as time and urgency permits;
- Use safe lifting and carrying techniques, and ask for assistance if lifting heavy objects;
- Avoid dehydration; drinking lots of water promotes good circulation; and,
- Consider incorporating stretches throughout the work day.

Do you sit at a computer workstation?

Environmental and Occupational Health Support Services (EOHSS) has made available an **Office Workstation Ergonomics Self -Assessment Checklist**. This checklist can be used to guide you through the proper setup of your chair, keyboard, mouse and computer monitor according to ergonomic best practices which will help to promote neutral and relaxed postures as well as prevent a RSI. You can find the checklist at <http://www.workingatmcmaster.ca/eohss/prevention/ergonomics/>



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