

Common Symptoms of Repetitive Strain Injuries

Pain

Swelling

Tingling

Numbness

Decreased ability to use muscle

Aching

Pale, white skin

Remember:

If you think your symptoms and the associated injury could be work related, tell your doctor.

Workplace Safety & Insurance Board (WSIB) forms must be filled out for your injury to proceed as a compensation claim.

Keep copies of all documents and correspondence relating to your injury.

Locals 175 & 633

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Repetitive Strain Injuries (RSIs)



RSI Day is February 28!



Shawn Haggerty
President

Teresa Magee
Secretary-Treasurer

Betty Pardy
Recorder

More than 50% of reported claims at the WSIB in Ontario are from soft tissue injuries. These injuries involve the bones, joints, muscles, tendons, ligaments and other soft tissues and generally develop over time.

This slow onset may cause damage that is irreversible and/or irreparable.

**But these injuries
CAN be PREVENTED.**

Job Demands Cause RSIs

Posture

Anytime the body moves away from the neutral position you are at an increased risk for injury.

Force

The greater the amount of effort needed for a muscle to perform an action, the greater the risk of injury.

Repetition

Repeated tasks can cause injury depending on:

- Frequency
- Speed
- Duration

The Occupational Health & Safety Act [25(2)(h)] states that every employer shall take every precaution reasonable for the protection of the worker.

RSI Hazards

Awkward posture
Speed
Vibration
Workstation design
Manual material handling
Tools
Cold environment
Extended reach

Common RSI Injuries

Tendonitis
Epicondylitis
Tenosynovitis
Carpal Tunnel Syndrome
Trigger Finger
Degenerative Disc Disease
Pinched Nerve
Ganglion Cyst

Designing a **SAFE JOB**
is better than training
workers to behave safely in an
UNSAFE JOB.

Ergonomic Changes

Reduce workers' reach.

Design for adjustments.

Have proper standing surfaces - add anti-fatigue mats.

Have instrument displays at eye level.

Use only ergonomic chairs or sit/stands.

Design workstations for the tallest workers and install stands to accommodate all heights.

Use equipment for lifting materials.

Use proper hand tools and keep in good repair.

Have adjustable heights on conveyor systems.

Take worker input into consideration.

Strategies for Change

Develop an Ergonomic Committee as a sub-committee of the Joint Health & Safety Committee (JHSC).

Train this committee on ergonomics.

Assess each workstation.

Redesign workstations as needed.

Educate/train workers on new set up and practices.