

Repetitive Strain Injuries

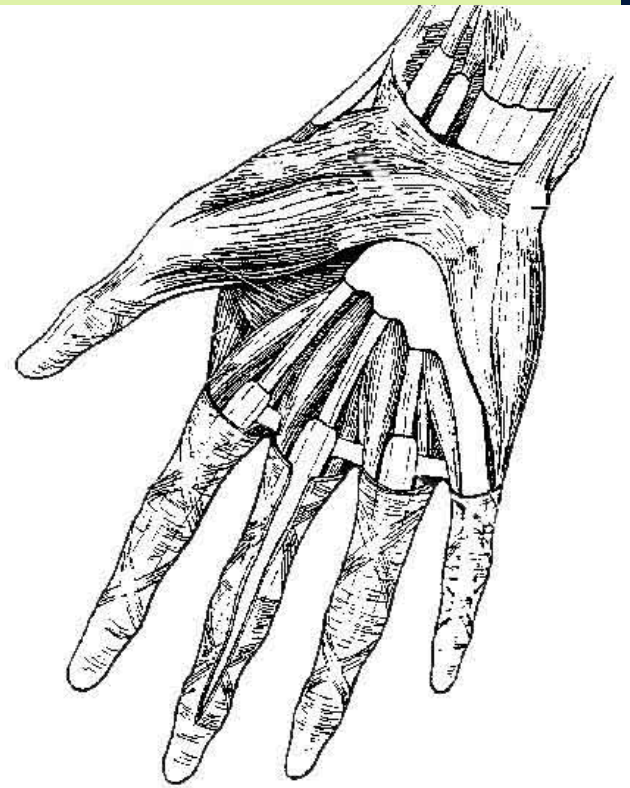
RSI Day is February 28

Common Symptoms of RSI

Pain
Swelling
Tingling
Numbness
Decreased ability to use muscle
Aching
Pale, white skin

Common RSI Injuries

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



RSI Hazards

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

Job Demands Cause RSIs

Posture

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

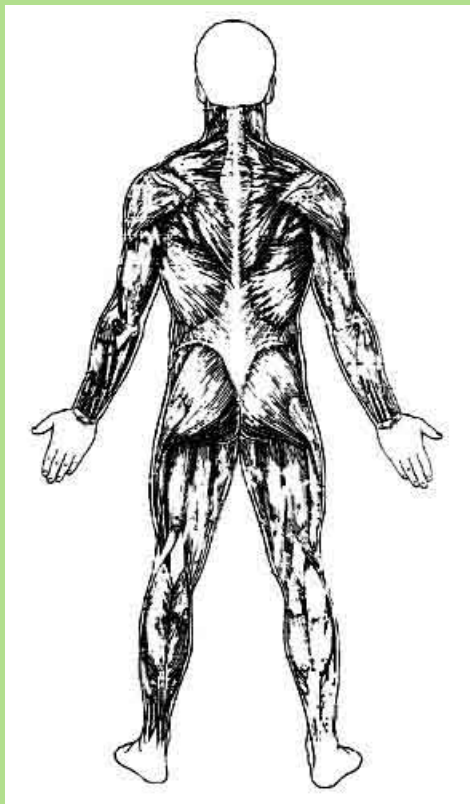
Force

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.”



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