

Repetitive Strain Injury (RSI) Awareness Day

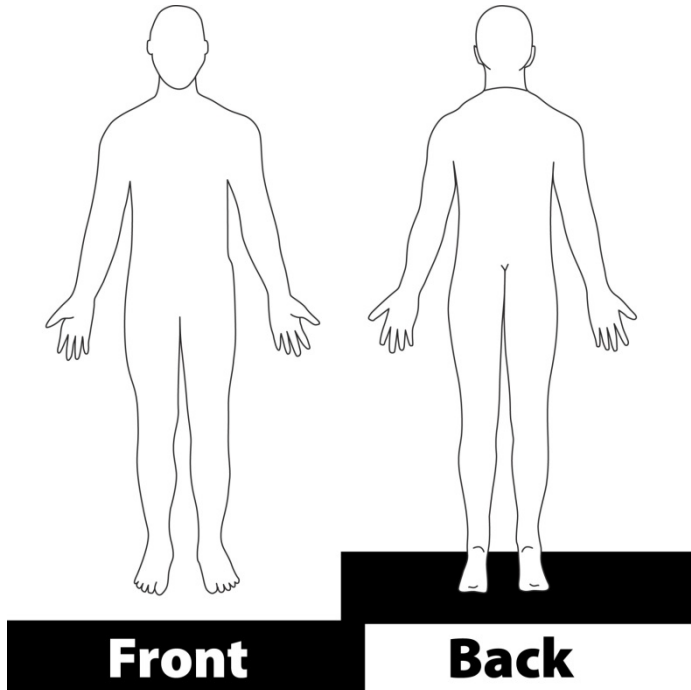
## Musculoskeletal Injury (MSI) Awareness Activity

Musculoskeletal injury (MSI) – including repetitive strain – affects muscles, nerves, tendons, blood vessels, soft tissues, and joints. Common areas of injury include fingers, wrists, arms, shoulders, neck, and the back. These injuries do not happen overnight, they take time to develop. (Examples include: carpal tunnel syndrome, tendinitis and strains.)

Signs and symptoms: stiff joints, tight muscles, redness and swelling, numbness/ tingling, pain, discomfort, loss of strength and range of motion and cold sensations.

This activity will help you understand MSI/RSI risks in your work. Once identified, you can discuss your concerns with your steward or BCNU Joint Occupational Health and Safety (JOHS) committee representative for follow up with your employer.

Please mark on the affected area any signs and symptoms of MSI/RSI that you have experienced in the past month.



**Risk factors for MSI/RSI: awkward postures, repetition, force, reaching, bending, twisting, lifting, gripping, pulling.**

What work activities are related to your noted signs and symptoms? Are there risk factors involved?

What changes to your work environment, equipment, tools or work processes would improve the situation?

**Note:** Completing this activity is NOT a substitute to reporting your MSI/RSI. If you encounter risk factors for MSI/RSI in your work, please notify your manager. If you are experiencing the signs and symptoms of MSI/RSI, please notify your manager, call the Provincial Workplace Health Contact Centre (Health Authorities only), consult with your steward and BCNU JOHS committee representative.