

## Repetitive Strain Injury Awareness Day

# Hints and Tips for BCNU Stewards and Joint OHS Committee Representatives

The goal of Repetitive Strain Injury (RSI) Awareness Day is for stewards and BCNU Joint Occupational Health and Safety committee representatives to engage members in discussions and activities about musculoskeletal injury (MSI), including RSI. BCNU encourages stewards and JOHS committee members to:

1. Find out what is going on for members, and what their concerns are when it comes to MSI/RSI.
2. Talk about the risk factors of MSI/RSI in their work, and their suggestions to improve the work environment, tools, equipment, or work practices and eliminate the causes of MSI/RSI.
3. Create an action plan to address the concerns.
4. Advise members about what to do if they experience symptoms of an MSI/RSI, such as reporting them to the Provincial Workplace Health Contact Centre (for health authorities employees) and/or their employer to start an investigation.
5. Follow up with members after RSI Awareness Day and share what has been done about the issues they raised.

## 1. Preparing Ahead of the Day

- > Find out where members in your region are at risk for MSI/RSI or have raised concerns about MSI/RSI.
- > Work with your region to create a regional action plan for MSI/RSI engagement. Choose the units or worksites to focus on and decide how to use the resources for member engagement. This may include worksite visits, unit walkabouts, lunch-and-learn sessions, or drop-in sessions.
- > Familiarize yourself with MSI/RSI risk factors, signs and symptoms, tasks that carry a high risk for MSI/RSI, and steps you can take to reduce risk in the workplace.
- > Know what is available at your health authority or worksite for identifying risk factors for MSI/RSI. This could include reporting procedures, ergonomic assessments, and participating in OHS education. Share this information with members.
- > Prepare contact information for members needing assistance resolving an OHS concern. This may include the Provincial Workplace Health Contact Centre, worksite stewards, the worksite BCNU JOHS committee representative, and the BCNU regional OHS representative.
- > Organize details such as room booking and promoting the day on social media and email.

### Resources available on BCNU.org to support your outreach:

- > A PowerPoint Presentation
- > A handbill to promote the day
- > A body map activity
- > Hints and Tips for BCNU Stewards and Joint OHS committee representatives (this document)

## 2. Lead an activity to engage with members. Here are some suggestions:

- a. Visit a unit, department, or work area:
  - > Start a conversation with members about their work and MSI/RSI.
  - > Ask members the questions on the body map activity and record their responses on one worksheet. You can leave the activity on the unit for members to complete and tell them when you will pick it up.
- b. Organize a lunch-and-learn, or a drop-in session:
  - > Post three flip charts (or more as needed) around the room.
  - > Draw the body map outline on one page.
  - > Print the survey questions on the other pages. Ask members to brainstorm answers to the questions.
  - > Give members pens or stickers to mark areas where they experience signs and symptoms of RSI.
  - > Circulate and talk with them about the concerns they identify and solutions they have.
- c. Use the PowerPoint presentation at a BCNU meeting event such as a regional meeting, steward meeting, or steward planning day. Have small groups complete the body map activity.
- d. Photograph your event and send the files to your BCNU health and safety officer. If posting on social media, follow your employer's applicable confidentiality policies and advise members to do so as well.

## 3. Follow up the concerns members have discussed with you.

- a. Raise concerns at the next JOHS committee meeting:
  - > Discuss information gathered after engaging with members (body maps).
  - > Bring suggestions for prevention from sessions with workers. Discuss possible changes to work/tools, equipment, work practices, to reduce or eliminate MSIs/RSIs.