

# PRAIRIE REGIONAL COUNCIL HEALTH SAFETY AND ENVIRONMENT COMMITTEE NEWSLETTER

FEBRUARY, 2025

## REPETITIVE STRAIN INJURY(RSI) AWARENESS MONTH

### Understanding Repetitive Strain Injuries (RSI's)

Repetitive Strain Injuries (RSI's) encompass a range of conditions affecting muscles, tendons, nerves, and joints due to repetitive motions, overuse, or poor ergonomic practices. Commonly impacted areas include the neck, back, shoulders, elbows, forearms, wrists, and hands. Early symptoms may involve soreness, tingling, or discomfort during or after repetitive tasks. If left unaddressed, these symptoms can progress into chronic conditions.



### RSI Awareness Day

We observe Repetitive Strain Injury (RSI) Awareness Day annually on February 28th (February 29th in leap years). This day serves as a reminder to focus on preventing RSIs, a leading cause of workplace injuries, and the leading cause of lost-time workplace injuries across Canada.

## Unifor RSI Webinar

In conjunction with RSI Awareness Day, The Unifor National HSE department is hosting a bilingual webinar on Friday, February 28, 2025, from 1:00 p.m. to 3:00 p.m. EST. The session will cover the prevention and management of RSIs, featuring expert insights and practical strategies. Registration is required to attend.

You can register using the link or QR code below

<https://www.unifor.org/news/events/register-unifor-rsi-day-webinar>



## Preventive Measures

To mitigate the risk of RSIs:

**Ergonomic Adjustments:** Ensure workstations are set up to promote proper posture and reduce strain.

**Regular Breaks:** Incorporate short, frequent breaks to rest and stretch muscles.

**Awareness and Training:** Engage in training programs to recognize and address ergonomic hazards.

By implementing these practices, we can create a safer and healthier work environment for all.

**In solidarity,**

**PRC Health Safety and Environment Committee**

