



SAFETY TALK

REPETITIVE STRAIN INJURIES

A repetitive strain injury (RSI) is a gradual buildup of damage to muscles, tendons, and nerves from repetitive motions.



SYMPTOMS

Tenderness or pain in the affected muscle or joint

A **throbbing sensation** in the affected area

Tingling, especially the hand or arm

Loss of strength

Loss of sensation



RISK FACTORS

Too many **uninterrupted repetitions** of an activity or motion

Unnatural or awkward motions

Overexertion

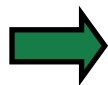
Incorrect or **prolonged posture**

Age (RSI's risk increases as we get older)

Working with equipment that **vibrates**

Colder temperatures

**HOW CAN I HELP
PREVENT A REPETITIVE
STRAIN INJURY?**



DID YOU KNOW?

The most common types of repetitive motion injuries are **tendinitis and bursitis**

Repetitive strain injuries affect about **15%** of Canadians

PREVENTION

Take **regular breaks** (even microbreaks make a big difference)

Adjust your work station to promote good posture & use proper equipment

Stretch and **warm up**

Keep your body strong with regular exercise

Alternate hands for gross motor tasks

Use your **TLR, SMART, or Office Ergonomic Training**



If you are experiencing signs and symptoms of a repetitive strain injury, reach out to a member of the MSIP Team who can help support you: <https://src.healthpei.ca/occupational-health-safety-wellness-team>

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

AM I UP TO DATE ON MY TLR, SMART OR OFFICE ERGONOMICS TRAINING?

WHAT IS ONE ACTIVITY I CAN DO TO HELP PREVENT REPETITIVE STRAINS?

CAN I TRY AND ADD MICROBREAKS INTO MY WORK TASKS?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>