



SAFETY TALK

REPETITIVE STRAIN INJURIES

February 28, 2025 is **Repetitive Strain Awareness Day**. A repetitive strain injury affects the musculoskeletal (MSK) system. The MSK system is comprised of bones, muscles, tendons, ligaments, and cartilage.

Symptoms

Begin with a sense of discomfort, but may progress to:

- * **Tingling** (Pins and Needles)
- * **Numbness**
- * Dull ache or **pain**
- * Loss of **strength**
- * **Swelling**



Risk Factors

Often linked to the type of work activity, tool used, or workstation design

- * Highly **repetitive tasks**
- * Excessive **force or overexertion**
- * Prolonged **static postures**
- * **Awkward positions**
- * Improper warm-up for physical activity

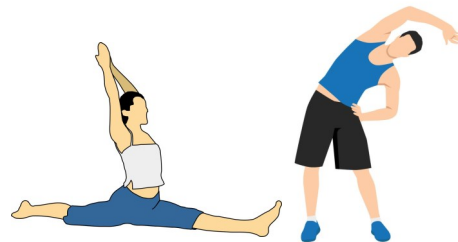
Common RSI's

- * **Tendonitis**
- * **Carpal Tunnel**
- * **Bursitis**
- * **Rotator Cuff Strain**
- * **Thoracic Outlet Syndrome**

Prevention

The best approach to prevent RSI's is early intervention, or a **proactive** approach:

- * **Physiotherapy** does not require a Dr note **YOU CAN SELF REFER**
- * **Microbreaks**
- * **Reset exercises**
- * Proper **warm up**



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>