

## What is Unifor Doing to Prevent RSI's?

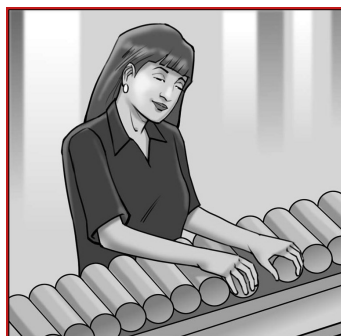
Unifor has bargained ergonomic language in collective agreements. See some examples below:

- Joint workplace committees and processes in ergonomics that exceed minimum government regulations
- Union input into workstation and machinery design
- Ergonomics awareness training for all workers
- Workplace accommodation procedures for injured workers
- Improvements to the engineering work allocation and product design processes
- Workplace representatives to address ergonomic concerns.



RSI Prevention through the use of ergonomics creates long-term benefits for both workers and the employer.

**BECAUSE WORK  
SHOULDN'T HURT**



Good Design



Bad Design



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lesyndicat | Canada

### How to Learn More

You can learn more about Ergonomics by contacting:

Unifor Health and Safety  
Department

205 Placer Court  
Toronto, Ontario  
M2H 3H9

Phone: 416-495-6558

Fax: 416-495-6552

E-mail: [healthandsafety@unifor.org](mailto:healthandsafety@unifor.org)

[www.unifor.org](http://www.unifor.org)



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## International RSI Awareness Day

**RSI**

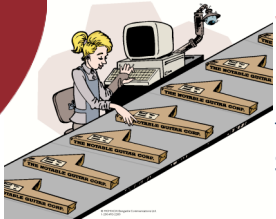


**International  
RSI  
Awareness  
Day**

*Because  
Work  
Shouldn't  
Hurt*

[www.unifor.org](http://www.unifor.org)

# INTERNATIONAL RSI AWARENESS DAY!



## What is RSI?

RSI is the abbreviated term for Repetitive Strain (sprain) Injuries. It is an umbrella term

for injuries to soft tissues (muscles, tendons, and nerves) of the neck, upper and lower back, shoulders, wrists, arms and hand. Such injuries are caused by a variety of factors such as poor postures, repetition, force, temperature extremes, vibration and others.

## International RSI Awareness Day

The last day of February each year is used to promote awareness of sprain and strain injuries. More than 12 countries promote RSI awareness on this day. The first RSI awareness day was on February 29th, 2000 because it was the only non-repetitive day of the year. RSI Day evolved from an email proposal by a Canadian injured worker. In non-leap years it is observed February 28.

## Why Should You Care?

RSI's are a serious occupational health concern around the world. In some provinces in Canada, sprains and strains account for 50% of all occupational injuries and illnesses, and of this, nearly 30% are to the back. RSI's are a direct result of poor job design. Unifor believes raising awareness through workplace education is a vital step towards protecting workers from RSI's.

No matter what job you perform in your workplace you can possibly develop an RSI.

### Symptoms and Signs of Injury

- Numbness
- Redness
- Discolouration
- Mental Strain
- Fatigue
- Tingling
- Swelling

Symptoms may act to limit the movement of limbs. Any restriction in ability to move your limbs is a key indication that something is wrong with your body. Always take symptoms seriously. Both the worker and employer suffer a variety of health and economic effects as a result of workplace injuries. Injured workers may suffer work restrictions, permanent disabilities, loss in earning power and loss in quality of life. Employers experience significant operational effects through increased injuries such as higher insurance rates, loss of worker expertise, reduced quality, production problems, more scrap, and increased warranty claims resulting in economic loss. Signs of injury include:

- Increased medical visits
- Increased worker complaints
- High turnover on jobs
- Reduced quality
- Reduced performance in work and home life

## What can you do if you are at risk or develop a RSI?

Report problems to your Supervisor, First Aid and your Unifor Health & Safety and Workers' Compensation Reps.

## What else can you do to prevent RSI's?

- Push for ergonomics in your workplace
- Send a letter to your MPP for ergonomic regulations

## Current provinces in Canada with ergonomic regulations:

- British Columbia
- Saskatchewan
- Quebec
- Alberta
- Manitoba
- Federal