

Ergonomics Compliance Centre



Attention will be on repetitive strain injuries (RSIs), one of the most common types of worker injuries, on Feb. 29, International RSI Awareness Day. RSIs (also called musculoskeletal disorders or injuries) include painful disorders of the tendons, muscles, nerves and joints in the neck, back, chest, shoulders, arms and hands. This year marks the 13th annual RSI Awareness Day. For information on how to protect workers from developing RSIs, go to the [Ergonomics Compliance Centre](#).