

RSI Risk Factors Checklist



BENEFITS

Feb. 28, 2017 is International Repetitive Strain Injury (RSI) Awareness Day. RSIs, also called musculoskeletal injuries or disorders (MSIs or MSDs), are injuries that affect tendons, muscles, nerves and joints, often in the neck, upper and lower back, chest, shoulders, arms and hands. The purpose this global day is to raise awareness of RSIs, one of the most common types of workplace injuries.

HOW TO USE THE TOOL

You should first try to eliminate any ergonomic or RSI-related risk factors. But if elimination isn't possible, then the risk must be minimized using various kinds or combinations of risk controls. When choosing the appropriate risk controls, you should consult with the JHSC or the health and safety representative. To help identify and assess potential risk controls for a specific task or job, consider the questions in the checklist. Be sure to test the risk control before fully implementing to make it work within your company.

OTHER RESOURCES:

[WorkSafeBC](#)