

## Is Prevention Achievable?

**Y**ear in, year out, more workers sustain RSIs than all other occupational injuries combined. These injuries are also increasingly being reported by all workers, particularly electricians. What is both troubling and a source of encouragement is knowing RSIs are preventable. For more information about these injuries, treatment or actions aimed at prevention, please contact:

**IBEW Local 353, Occupational Health & Safety Committee**  
**IBEW LU 353 WSIB Service**  
**(416) 510-3530**

**Occupational Health Clinics for Ontario Workers**  
**1-877-817-0336**  
**www.ohcow.on.ca**

**Workers Health & Safety Centre**  
**1-888-869-7950**  
**www.whsc.on.ca**

## What is RSI?

**R**epetitive strain injury refers to a category of injuries involving damage to muscles, tendons and nerves caused by overuse or misuse.

## Who is at Risk?

**N**o one is immune from developing repetitive strain injuries. Workers from all sectors and others in our communities are exposed to one or more of the risk factors.

Electricians are particularly susceptible to RSIs, such as Carpel Tunnel Syndrome, wrist, elbow and shoulder injuries. LU 353 has a lot of experience with our members filing WSIB claims for workplace injuries that are strongly linked to the physical demands our work (forceful and repetitive movements).



## What are the Risk Factors?

- Awkward or fixed postures
- Pace of work, lack of recovery time
- Forceful movements
- Contact stress
- Repetition
- Cold Temperatures
- Psychosocial stress
- Vibration



## What are the Common Symptoms?

- Tenderness
- Aching and cracking
- Swelling and pain
- Tingling and numbness
- Loss of joint movement
- Decreased coordination

...that is occurring in the injured areas



IBEW LU 353 supports RSI awareness among our 7,000 members. It's time to move from Awareness to Action!

If you have these symptoms, be sure to see your doctor. You may not have experienced a work accident, but you can have a work related injury!