

RSI/MSI PREVENTION | FEBRUARY SAFETY SEGMENT



The first step in prevention of repetitive strain injuries is early reporting. Since these types of injuries are often difficult to pinpoint exact cause and the early signs of injury are often discounted by employees, early identification and intervention is key. Often when these injuries are reported, the employee is already in significant discomfort or an injury has developed. Early reporting of RSI's is often difficult for both employees and employers since the early signs are often ignored because they are thought of as normal for the work.

EARLY REPORTING

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Musculoskeletal Injuries](#) and/or [MSI & RSI at work](#). After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some of the early signs or symptoms of MSI's and RSI's?
- Are early signs any symptoms reported?
- How can we encourage early reporting?
- Are you aware of how to report MSI's?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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