



SAFETY TALK

RSI Protection

Repetitive strain injury (RSI) is a general term used to describe the pain in muscles, tendons and nerves due to repeated movements, vibrations or being in continually uncomfortable and awkward postures. These injuries are common in the construction field and are overlooked as workers may be unaware of the potential for long-term harm from repetitive movements.

What's the danger?

Some of the most common conditions associated with RSIs are:

- Torn ligaments
- Trapped nerves
- Hand-arm vibration syndrome
- Tendonitis

How to protect yourself

- Use tools that are comfortable and easy to use repeatedly

- Use tools that reduce vibration, along with anti-vibration gloves
- Take rests at regular intervals when performing tasks that involve repetitive strain
- Avoid uncomfortable body positions for extended periods of time
- Use safe lifting practices such as proper technique, using mechanical aids or asking for help
- Reduce grip strength and pressures when using tools
- Use power tools in place of hand tools where possible to reduce force and repetition
- Keep tools and equipment in good working condition as damaged tools often cause more vibration or force in use
- Organize work area to reduce over-extending or bending

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

