

RSI AWARENESS WEEK

23 – 29 February 2004

International RSI Awareness Day

29 February 2004

Actions you can take:

- Tell your family, friends and colleagues
- Ensure everyone at work has their workstation assessed this week
- Download our full set of seven posters and distribute them in your workplace or community
- Contact local news media
- Send an e-mail to everyone in your organisation
- Get in touch with the RSI Association for more ideas and a full RSI Awareness Week pack
- Don't neglect yourself! Take regular breaks and ensure you have had a proper risk assessment



This poster is No. 1 in a series of seven. Contact the RSI Association or visit our website to obtain the full set.

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REPETITIVE STRAIN INJURY ASSOCIATION
Helpline 0800 018 5012 Web www.rsi.org.uk
Registered Charity No. 1082005

What is RSI?

Repetitive Strain Injury (RSI) is a name for a wide variety of conditions affecting muscles, tendons, nerves and joints. They include:

Carpal Tunnel Syndrome **Writer's Cramp**

Cervical Spondylosis **Tendinitis**

Epicondylitis **Golfer's Elbow** **Trigger Finger**
Tennis Elbow

Rotator Cuff Syndrome

Non-Specific Pain Syndrome

Bursitis **Thoracic Outlet Syndrome**

De Quervain's Disease **Ganglion Cyst**

Dupuytren's Contracture **Frozen Shoulder**

Tenosynovitis **Raynaud's Disease**

Cubital Tunnel Syndrome

Vibration White Finger



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RSI: Who is at risk?

RSI is a growing problem, which costs the UK economy at least £5 billion a year. It affects people in a wide range of jobs and activities, including:

Gardeners

Computer Operators

Construction Workers

Call Centre Staff

Carpenters

Musicians

Garment Workers

Hairdressers

Potters

Sign Language Interpreters

Cleaners

Checkout Operators

Mobile Phone Users

Assembly Workers

Poultry Workers

Beauticians

Computer Games Players



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What causes RSI?

Primary Factors

- ▶ **Force**
- ▶ **Duration**
- ▶ **Repetition**
- ▶ **Posture**
- ▶ **Cold working environment**

Secondary Factors

- **Patterns of work: prolonged periods without adequate breaks**
- **Poor ergonomics: layout, furniture, hardware, software**
- **Special circumstances: STRESS**
- **The negative cycle**
- **Activities outside work which can add to the physical load**



This poster is No. 6 in a series of seven. Contact the RSI Association or visit our website to obtain the full set.

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RSIA

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RSI Facts

10 things you might not know about RSI

- 1. RSI affects more people in manual jobs than in IT**
- 2. 1 in 50 of all workers in the UK have reported RSI symptoms**
- 3. 5.4m working days are lost to RSI each year in the UK**
- 4. Every day six people leave their jobs due to RSI**
- 5. RSI costs the UK economy between £5bn and £20bn per year**
- 6. Over half of all office workers in Sweden have upper limb problems**
- 7. 60% of children using laptops at schools in Australia have difficulties**
- 8. 40% of Dutch students are reported to have an RSI problem**
- 9. 1-in-10 Canadians over 20 (2.3 million) have an RSI**
- 10. RSI conditions affect the best workers**



This poster is No. 4 in a series of seven. Contact the RSI Association or visit our website to obtain the full set.

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RSI: What can you do?

5 Steps to Recovery

The recovery regime involves five equally important activities:

1. avoid the risk of any further damage
2. obtain a full and accurate diagnosis of the condition (or range of conditions)
3. seek appropriate treatment to remove restrictions to blood-flow (efficacy varies according to the condition(s) and circumstances of the individual)
4. engage in activities to stimulate blood flow (and avoid activities which restrict circulation)
5. undertake a period of rehabilitation before resuming a full workload



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The RSI Association

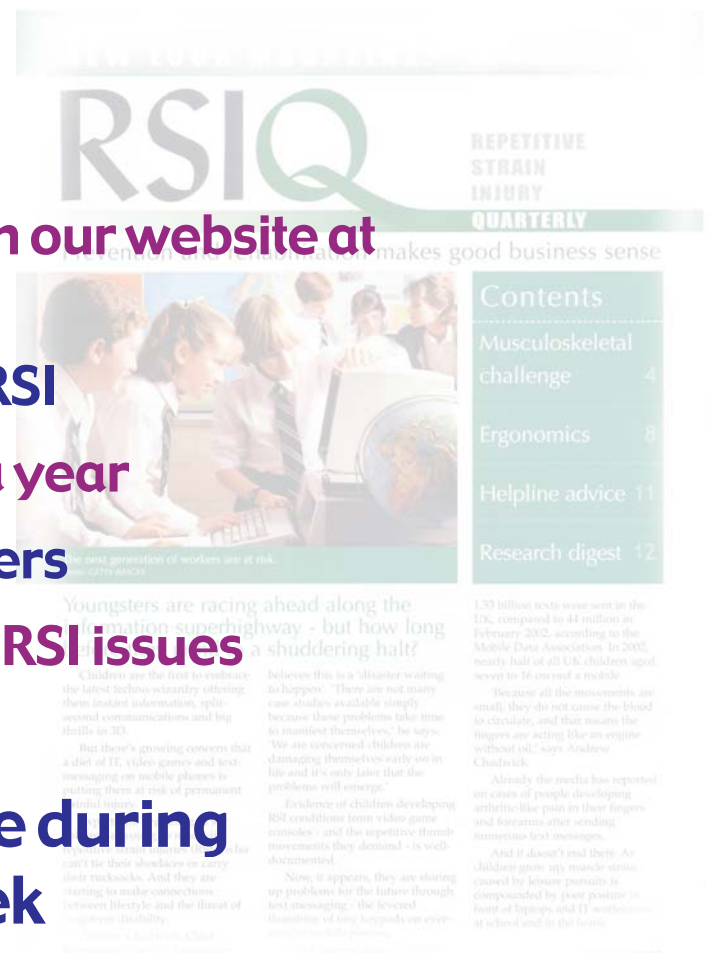
Who we are

The Repetitive Strain Injury Association is the largest voluntary organisation in the UK dedicated to the prevention and relief of upper limb disorders in the workplace.

What we do

The RSI Association:

- runs a freephone helpline on 0800 018 5012
- provides information on RSI conditions through our website at www.rsi.org.uk
- issues detailed factsheets on many aspects of RSI
- publishes a magazine, RSI Quarterly, 4 times a year
- holds conferences and workshops on RSI matters
- promotes a better and wider understanding of RSI issues



Visit our website or call the helpline during RSI Awareness Week

www.rsi.org.uk

0800 018 5012



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