

# FEB 28

# 2022

# REPETITIVE STRAIN INJURY (RSI) AWARENESS DAY

RSI Awareness Day is February 29th\*. As the only "Non-Repetitive" day of the year, it's the ideal date to devote to raising awareness of RSI. \*February 28th in non-leap years



## Prevent Repetitive Strain Injuries

# A message worth repeating



## WATCH FOR SIGNS AND REPORT THEM

PAIN

SWELLING

MUSCLE TIGHTNESS

REDNESS

JOINT STIFFNESS

NUMBNESS



SKIN COLOUR CHANGES



## Know

the early signs – joint stiffness, muscle tightness, redness, swelling or numbness

## #PreventRSI

## Practice

safe lifting and take short, regular breaks when doing repetitive work



## Notify

your supervisor about symptoms before the pain gets worse



## Proper Desktop Position

