



Each RSI is filled with pain. Repetitive Strain Injuries (RSIs) occur when repeated movement, especially prevalent in the workplace, causes stress and eventually damage to a joint, ligament, muscle, or other body part. RSIs range from seemingly simple irritants to debilitating damage that leaves workers unable to perform their tasks or even cope with day-to-day living. UFCW Canada members are particularly at risk from RSIs from many at-risk jobs including meat cutting, shelf stocking, and checkstand operation. Even office workers are suffering RSIs from computer operation and poor workstation design. **RSI Awareness Day** was created to bring focus to this issue, and is recognized on the last day of February each year – the only “non-repetitive” day of the year, as each Leap Year it is celebrated on Feb. 29 instead of the 28th.



Wayne Hanley
National President

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February 28 is RSI Awareness Day.