



14th Annual International Repetitive Strain Injury (RSI) Awareness Day:

2013 RSI Day—Denying RSI

Date: Thursday February 28, 2013
Location: Steelworkers Hall 25 Cecil Street, Toronto (Spadina and College)
Time: 9:30 am -4 pm Registration & coffee at 9 am
****This is a scent free event**

In order to plan for food and space requirements, please register by emailing: registration@rsicanada.org

* Please note, we rely on the generous donations from unions and community groups to offer this free conference each year, so all who wish to attend are able. If your group wishes to donate to cover the cost of the food and room rental, please email donations@rsicanada.org All donations are appreciated.

The work relatedness of RSI is under attack.

Three hundred years after Bernardino Ramazzini, the father of occupational medicine, first wrote about RSIs, WSIB quietly commissioned a report on "Permanent Impairment Advisory Services" from a US firm, Brigham & Associates.

As unbelievable as it sounds, this Brigham report states that RSI diagnoses "are not appropriate and may actually lead the patient to believe that he or she has a condition that is something more than the ordinary aches and pains of life". Not only will this be disastrous for those workers suffering from RSI but it will lead to more injuries as there will be no need or attention paid to prevent injuries that are not deemed related to work.

Please join us as we learn about the disturbing trend in workers compensation, what this report says and hear from the experts on how to counter this attack and protect all workers. This is a very important RSI Day, so please plan to attend.

As a result of work, have you ever experienced any of the following symptoms in your arms, neck, shoulders and back?

-pain – numbness or tingling – heaviness – swelling –clumsiness – stiffness – cold – fatigue – weakness

If you answered yes, then you may already have RSI or be at risk for developing it. Please see your doctor and file a Workplace Safety and Insurance Board (WSIB) claim immediately.

Do You Know:

- Repetitive Strain Injury or RSI is an umbrella term used to describe a group of injuries that occur when excessive demands are placed on the muscles, tendons and nerves. These injuries typically arise as aches and pains but can quickly progress into crippling disorders that prevents those affected from working or leading normal lives.
- Statistics Canada estimates that 2.3 million adult Canadians or 1 in 10 suffer from RSI
- That these injuries account for over 40% of all Ontario WSIB allowed claims yet there is no specific legislation in Ontario to protect workers from these crippling disorders.
- Ergonomics, the science of fitting the work to the worker, can prevent these injuries. British Columbia, Saskatchewan, Manitoba and the Federal Jurisdiction have ergonomics regulations to prevent RSI but Ontario does not.
- That between 1996 and 2006 the biggest increase to health care costs were for repetitive movement and exertion injuries (Smith 2010). This represents a massive transfer of financial responsibility from employers to the public health care system. This contradicts with Justice William Meredith's (the founder of our compensation system) vision of a compensation system paid for by employers that provides fair and just compensation for workers injured at work.
- That even though statistics may show lower lost time claims, injury claim rates have not decreased! Workers are working in pain as a result of denied claims and aggressive claims management by employers.
- That many people suffering from these injuries are unable to return to work, having lost their jobs and are now suffering in poverty. Many end up on social assistance after having WSIB benefits denied.
- That Technology means that the work-day now never ends—RSIs caused by increased use of smart phones of all kinds, tablets, laptops, and other mobile technologies is a huge issue affecting everybody. This can lead to permanent crippling disability.
- That research in the US has shown that for every dollar invested in an ergonomics intervention strategy (e.g. RSI prevention), in an office environment, there is a return of \$17.80. (Source: Buckle 1999)

These injuries are PREVENTABLE