



BULLETIN

PLEASE POST
BL10378

DATE: February 29, 2012

Repetitive Strain Injury Awareness Day February 29: Health workers at risk

Bending over microscopes, scanning with an ultrasound transducer, positioning patients, entering patient data: health and community social service professionals are at high risk of repetitive strain injuries.

On February 29 -- Repetitive Strain Injury Awareness Day -- HSA encourages you to assess your work station and environment, as well as your daily work flow and workload. Are you taking your breaks? Has your workload increased over the years for the same shift periods?

You can ask an occupational health and safety steward for help, look up information on the workers' compensation [website](#) , or contact HSA's occupational health and safety officer Marty Lovick at mlovick@hsabc.org .