



12<sup>th</sup> Annual International RSI Awareness Day:

# 2011 RSI Day Demonstration at Queen's Park

**Date:** Monday February 28, 2011

**Location:** QUEEN'S PARK (Ontario Legislature)

**Time:** 12 noon

For those who want to attend Question Period, to hear from the government, please arrive at 10 am

For more information or to receive email notification of this event email:  
[rsiday@rsicanada.org](mailto:rsiday@rsicanada.org)

## **ENOUGH IS ENOUGH.**

### **We need an Ergonomics Regulation!**

Repetitive Strain Injuries (RSI) are the largest category of workplace injury in Ontario, accounting for over 40% of lost time claims and 50% of the costs of all claims. The numbers of workers suffering is staggering. Yet there is no specific legislation in Ontario to prevent these devastating injuries. Workers shouldn't have to live in pain every day for something caused at work. Workers have a right to a safe and healthy workplace and to be treated fairly when they get injured. Ontario's prevention and compensation system needs to address Repetitive Strain Injuries immediately.

**Because Work Shouldn't Hurt!**

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
- 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 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)

### IT'S THE LAW

Employers must report a work related accident to the WSIB if they learn that a worker requires health care and/or

- Is absent from regular work
- Earns less than regular pay for regular work(e.g., part time hours)
- Requires modified work at less than regular pay
- Requires modified work at regular pay for more than seven calendar days following the date of the accident. (Injuries that require health care, but not an absence from work other than the day of the injury are termed no-lost-time claims)

**These injuries are PREVENTABLE!**