



**Injuries CAN be  
prevented by  
better design.**

Take the survey at [unifor.org/RSIsurvey](https://unifor.org/RSIsurvey)

**Repetitive Strain Injury Day – February 28**



[unifor.org](https://unifor.org)

February 28, 2019

International Repetitive Strain Injury (RSI) Awareness Day is a critical opportunity for us to mobilize for better health and safety regulation, enforcement and to focus even more on protecting workers from these devastating, life-altering injuries and

implementing ergonomic solutions.

Every year hundreds of Unifor members across the country suffer injuries or discomfort from repetitive strains resulting from their work duties. It is important to identify and eliminate the causes of these injuries. If those causes cannot be eliminated then we must work to minimize the risk factors that cause these injuries, because **work should not hurt**.

Historically, health and safety has not received the attention it deserves. Our union is working hard to change that. From local union surveys to sector-specific health and safety manuals, prioritizing health and safety is an area of focus for Unifor.

Member feedback about their experiences in the workplace is essential to bargain effective health and safety provisions. If you have experienced repetitive strain injury/injuries or other afflictions due to work activities, please complete this [brief, anonymous survey](#).

Member-driven advocacy is at the heart of what we do. Hearing from you about what needs changing in the workplace equips your union with the legitimacy to demand much-needed changes from the employer.

With rapidly changing industries, health and safety regulation has not always kept up with the pace of change in certain sectors of the economy, leaving workers at risk of injury. This is unacceptable - workers should never be expected to put up with unsafe or less than optimal work conditions. As union activists and health and safety advocates, Unifor members are on the front lines of pushing for better, safer work environments.

Please complete [this RSI survey](#) and post this [shareable](#) to your social media, inviting members and non-members to participate.

For the latest updates on Unifor's health and safety initiatives, [sign up for the HSE newsletter here](#).

In solidarity,

National Health and Safety Department

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