

Monthly Safety Newsletter



REPETITIVE INJURIES

Do you twist and shout? That may not be a good sign!

With World Arthritis Day on October 12 and World Spine Day on October 16, we want to remind everyone what they can do to avoid repetitive injuries in the workplace.

WHAT ARE REPETITIVE INJURIES?

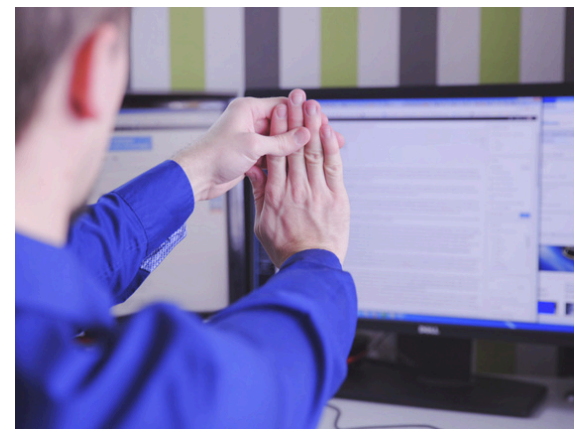
- Repetitive (or recurring) injuries are those that occur due to excessive use or gradual strain in the same area of the body, preventing tissues from fully healing.
- Injuries often return due to excessive activity, weak muscles, and poor posture; these can be further aggravated by underlying conditions.
- Common repetitive injuries include carpal tunnel syndrome, lumbar facet joint inflammation, shin splints, and tendinitis.

PREVENTING THE PAIN

- If addressed early, repetitive injuries can be the easiest to remedy.
- Take the time to regularly rest the affected area.
- Remember to take 30-60 second micro-breaks every hour to stretch and reset your work posture.
- Ice can relieve swelling and heat can assist in loosening tight muscles.
- Consider reviewing your workstation and work habits to optimize your comfort and posture.

ERGONOMICS

- If you are experiencing discomfort or pain in relation to your workstation, please visit the "Employee Wellness" webpage for more information on our ergonomics program and assessment process.
- Please note that medical documentation will be required to submit an ergonomic assessment form and request.



WORKER'S RIGHTS

KNOW

You have the right to know about health and safety matters in the workplace.

PARTICIPATE

You have the right to participate in conversations and decisions that could affect your health and safety in the workplace.

REFUSE

You have the right to refuse work that could affect your health and safety in the workplace.