

ORBA Contracts & Documents Subcommittee - Safety Moment

March 11, 2026

Repetitive Strain Injury (RSI)

What is RSI?

- A repetitive strain injuries are a type of musculoskeletal disorder that comes from repetitive motion.

What parts of the bodies does it effects?

- Tendons, muscles, nerves, and joints in the hands, elbows, shoulders, lower back, and other parts of the body.
- Tendons are a common area of effect for RSI



What are some names for RSI?

Tendonitis Ganglion Trigger Finger
Peritendonitis De Quervain's disease
Writer's Cramp Tenosynovitis Dupuytren's Contracture
Epicondylitis Bursitis Thoracic outlet syndrome
Tension neck syndrome Rotator cuff strain
Digital neuritis Radial nerve entrapment
Carpal Tunnel Syndrome Shoulder and Neck Strain Injuries
Dupuytren's Contracture

**Pain During
Activity**



**Mild
Discomfort**



**Morning
Stiffness**



**Grip
Weakness**



**Persistent
Symptoms**



What does RSI do?

General symptoms:

- Numbness
- Tingling and burning sensations
- Pain or dull ache
- Dry, shiny palms
- Clumsiness of the hands
- Swelling around the wrist and hand
- Wasting of the muscles at the base of the thumb
- Aches and pains which may be strongest at night

Note as one RSI presents it can go on to cause additional strain on other parts of your body.

What motions cause RSI?

The causes of repetitive strain injuries can be classified in the following ways:

1. Rapid movement injuries
2. Forceful movement injuries
3. Static loading injuries



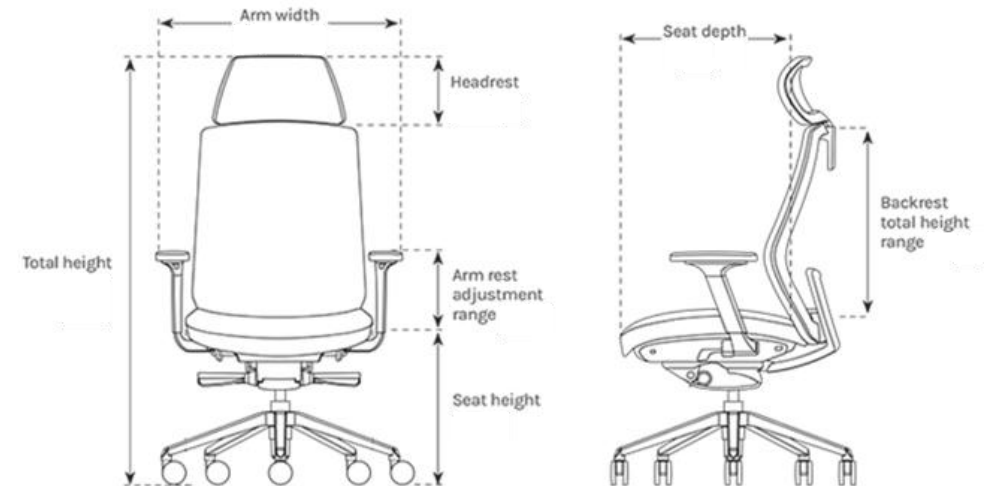
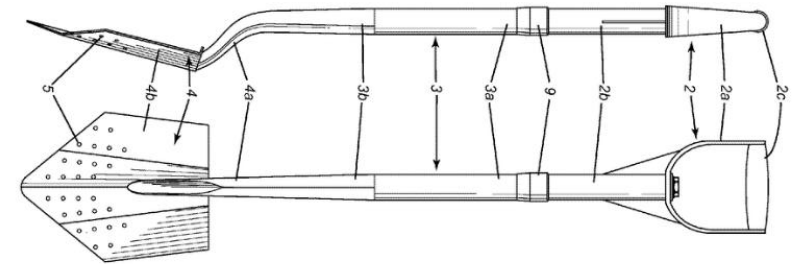
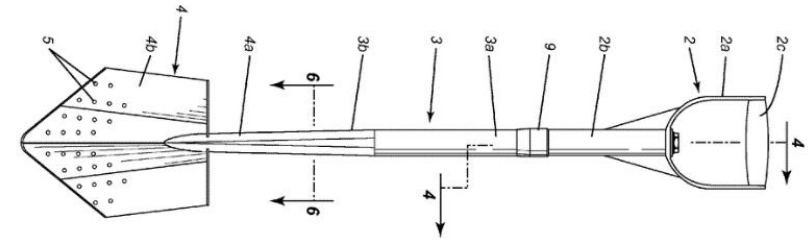


What leads to RSI?

- Repetitive Strain!
- Repeated tasks
- Poor posture
- Ill fitted tools

How do tools effect RSI?

- By being not sized properly
- By being too heavy
- By having a poor grip or hand hold
- By using the wrong tool for the job



How does RSI effect Women?



- **Higher chance**
- **More activity**
- **Less response**

How to prevent/manage RSI?

As an Individual

- Pay **attention** to your **body**
- **Report** when jobs cause you repeating **discomfort**
- Make sure your **tools match you** and do not cause discomfort.
- Take the time to **rest**, **stretch**, or **change** your activities

As a Manager

- Provide **education** to promote **awareness**
- Listen and investigate **reports** on **recurring injuries**
- **Redesign tools** to fit the individual or specific task.
- Allow for **recovery time** through rest or changing work

**Thank you
and take care of yourself**