

REPETITIVE STRAIN INJURY

RSI is the overuse of muscles through repeated movements, placing stress on your body

Stages, Symptoms and Recovery Potential

Early:

- At work, the body aches and individuals feel tired, but symptoms disappear when away from work. The aches and fatigue do not interfere with the ability to work.
- The injury will heal completely if given immediate attention.

Intermediate:

- The injured area aches and feels weak soon after the start of work, until well after work has ended.
- The injury will heal completely if given immediate attention.

Advanced:

- The injured area aches and feels weak, even at rest or while asleep. Even light duties are very difficult.
- It is possible to fully recover from an injury in its advanced stages however, it may require more work to correct it.

WHSCC, NL

