



# RSI

## Repetitive Strain Injury (RSI) Awareness Day — February 28

Repetitive Strain Injuries (RSIs) occur when repeated movement, especially prevalent in the workplace, causes stress and eventually damage to a joint, ligament, muscle, or other body part. RSI Awareness Day was created to bring focus to this issue, and is recognized on the last day of February each year.

Protect Yourself by visiting: [ufcw.ca/RSI](http://ufcw.ca/RSI)

