

# 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 [www.ufcw.ca/RSI](http://www.ufcw.ca/RSI)

