

## Agenda

**Mike Sonne**

**Ergonomist**

**OHCOW Hamilton**

- *Using OHCOW's ErgoTools App for Managing Workplace Office Ergonomics*

**Melissa Statham & Trevor Schell**

**Ergonomist**

**OHCOW Windsor & Sudbury**

- *Ergonomics of Smart Phone and Tablets and Resultant Musculoskeletal Injuries*

**Chelsie Desrochers**

**Ergonomist**

**OHCOW Ottawa**

- *Implications of Sit-Stand Workstations*

**Kevin Hedges**

**Occupational Hygienist**

**OHCOW Sudbury**

- *Noise: Its Effects and Methods to Reduce Exposure*

**RSVP by February 24, 2017**  
**Contact Trevor Schell for more information:**

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**Occupational  
Health Clinics  
for Ontario  
Workers Inc.**

**PREVENTION  
THROUGH INTERVENTION**

**RSI Day<sup>PLUS</sup> 2017**

**18th Annual Event**

**RSI**   
**International  
RSI  
Awareness  
Day** | *Because  
Work  
Shouldn't  
Hurt*

**Tuesday  
February 28, 2017  
8:30 AM—2:00 PM EST**

**<http://www.ohcow.on.ca>**

## What is an RSI?

Repetitive Strain Injury (RSI) is a generic term used to group a broad number of overuse injuries that affect the muscles, tendons, and nerves of the neck, upper and lower back, shoulders, arms, and hands. These overuse injuries can progress to become crippling disorders that reduce workers' quality of life.

When people think of an RSI, they focus on the hands or think only of computer workstations. To debunk this myth, we have decided to expand into other areas where repeated exposure can contribute to injuries and illnesses in the workplace.

**Repetitive Strain Injuries are a serious worldwide occupational health concern.**

**February 28, 2017 will mark the 18th annual RSI <sup>PLUS</sup> Awareness Day.**

## When:

Tuesday February 28, 2017  
8:30 AM — 1:00 PM EST

## In Sudbury Area:

eDome  
Cambrian College  
1400 BarryDowne Rd

## Cost:

Free with your ongoing commitment to occupational health

## Parking:

Available at Cambrian College at a cost of \$8.00.

## Sudbury & Area:

We ask that you attend the event in person.

## Outside of Sudbury Area:

With the aid of the [eDome](#), anyone can access this year's RSI Day event regardless of geographic location.

All that is required is a high speed internet connection, and sound. Using this method, people will be able to join us without having to leave their office. Attendees using this method will be able to ask presenters questions through the internet.

The day before the event, the website address and login password as well as the handouts for the presentations will be sent to all participants not located in Sudbury.

A registration form has been included which allows you to register the multiple people (so we are aware of the number of people watching online) at your worksite who will be joining the event.

**RSVP by February 24, 2017**  
**Contact Trevor Schell for more information:**

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