

# RSI Day<sup>Plus</sup> 2015

## Agenda

Curtis VanderGriendt  
Ergonomist  
OHCOW  
*OHCOW's MSD App*

Dwayne Fuchs  
Ergonomist  
OHCOW  
*Safe Lifting*

Nicholas Niforos  
Ergonomist  
OHCOW  
*To sit or not to sit: that is the question*

Brenda Mallat  
Ergonomist  
OHCOW  
*Planning Your Next Step; The Brain's  
Connection with Movement*

Brendan Coffey  
Ergonomist  
OHCOW  
*Documenting the Physical Demands of Work:  
OHCOW's PDD Handbook*

Trevor Schell  
Ergonomist  
OHCOW  
*Upper Limb Musculoskeletal Disorders*

Lunch will be provided for those attending in  
person at the Sudbury event

**RSVP by March 20, 2015**  
**Contact Trevor Schell for more  
information:**  
**[tschell@ohcow.on.ca](mailto:tschell@ohcow.on.ca)**



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Occupational Health  
Clinics for Ontario  
Workers Inc.

**PREVENTION  
THROUGH INTERVENTION**

**RSI Day<sup>PLUS</sup> 2015**

**16th Annual Event**

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

**Thursday  
March 26, 2015  
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, 2014 will mark the 15th annual RSI <sup>PLUS</sup> Awareness Day.**

## When:

Thursday March 26, 2015  
8:30 AM — 2:00 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 March 20, 2015**  
**Contact Trevor Schell for more information:**

[tschell@ohcow.on.ca](mailto:tschell@ohcow.on.ca)

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