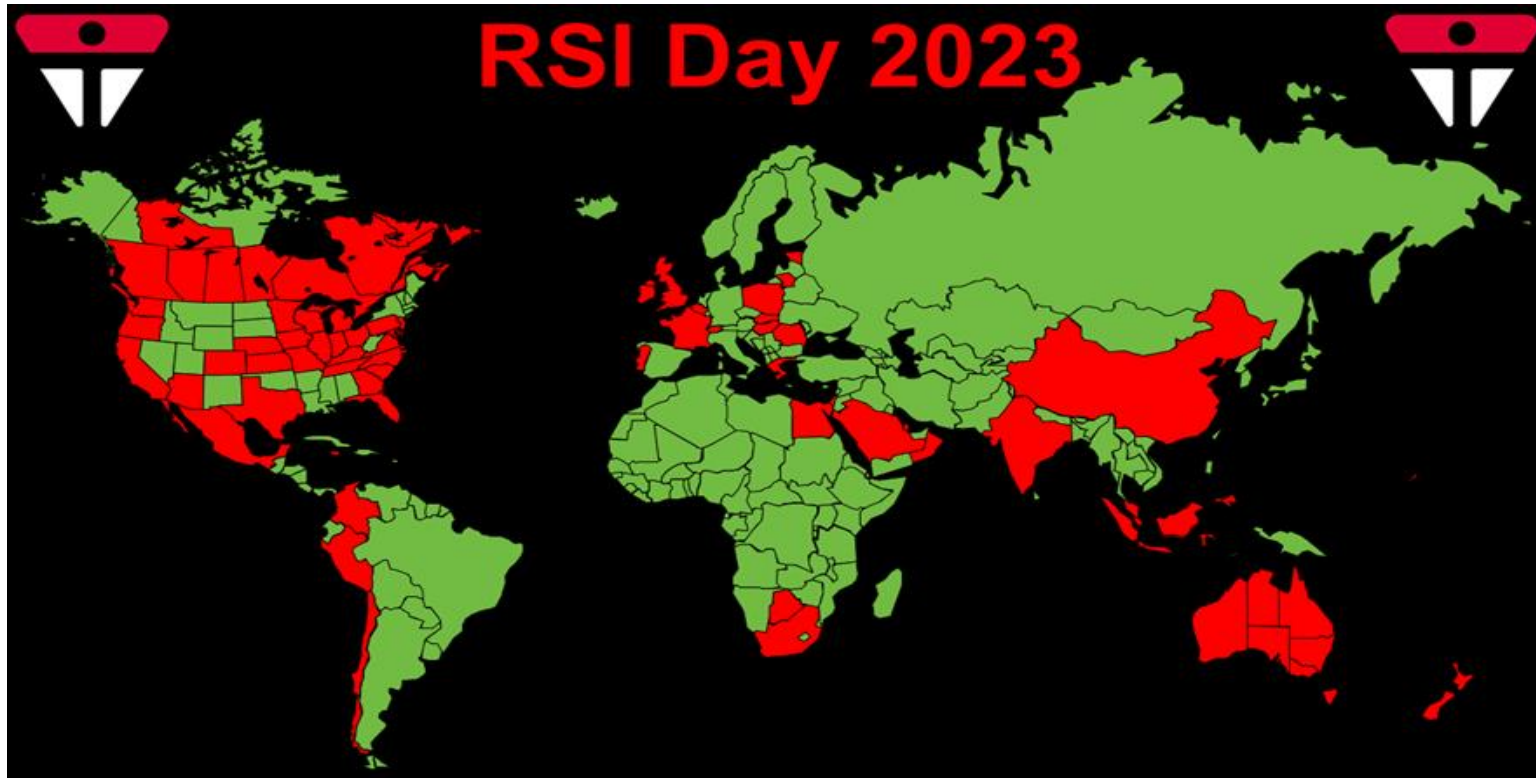


# RSI Day 2023

Summary, Feedback and Evaluation



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2023-06-07

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## Summary

The phrase RSI is a ubiquitous term used to describe an ache or pain located anywhere in the body. Hence “RSI Day” tends to draw focus towards upper limb disorders only, especially those related to computer work. RSIs (also known as Cumulative Trauma Disorders and Musculoskeletal Disorders) are but a portion of the occupational health domain.

The event this year was the most successful RSI Day event that the Occupational Health Clinics for Ontario Workers (OHCOW) has hosted in the event’s 24-year history. Since 2021, the RSI Day webinar has been altered from a full one-day event into a four week 2-hour webinar series for the entire month of February. Each week consisted of a different theme to address multiple issues relation to Ergonomics and musculoskeletal disorders.

## Attendance/Registration

Registration for the session combined was greater than any previous year. The total registration for all four sessions combined was 4,288 with:

# Sessions Registered	Percentage
4 sessions	24.1%
3 sessions	15.2%
2 sessions	20.5%
1 session	40.2%

**Percentage of registrants attending multiple sessions.**

Due to factors such as time differences, and scheduling many of the registrants are unable to attend the sessions live, and instead wait for notification that the session recordings have been uploaded to the OHCOW YouTube channel.

Session	# Registered	Attended Live	% Attendance Live	YouTube Views as of 6/7/2023	
Week 1	1242	771	62.10%	Four Es of Shoulder Disorders Trevor Schell <b>434</b>	Concussions in the Workplace Daryl Stevenson <b>304</b>
Week 2	1084	567	52.30%	Implications of Indoor Environment Quality in an Office Setting Andre Gauvin <b>176</b>	Ergonomics and Sleep Dwayne Fuchs & Melissa Statham <b>321</b>
Week 3	761	453	59.50%	Canadian Women’s Experiences with Personal Protective Equipment Anya Keefe <b>180</b>	Review of and New Directions for OHCOW’s PDD Handbook Andrew Flannagan <b>91</b>
Week 4	1200	642	53.50%	Job Demands Physical and Cognitive Katie Goggins & Alison Godwin <b>161</b>	

**Percentage of Live Attendees and YouTube views.**

Session	# of Registrants
Week 1	1242
Week 2	1084
Week 3	761
Week 4	1200

**Number of registrants per session**

After filtering the 4,288 registrants for attending multiple sessions, there was a total of 1753 unique registrants from 37 different countries.

The 1753 unique registrants were located across the globe and the break down is as follows:

Location	Percentage	Total Percentage
Ontario (main stakeholder)	59.6%	63.6%
Remainder from Canada	22.5%	82.1%
United States of America (28 States)	9.9%	92.0%
England	0.9%	92.9%
Australia	0.7%	93.6%
Israel	0.6%	94.2%
India	0.5%	94.7%
Mexico	0.5%	95.2%
South Africa	0.4%	95.6%
Columbia	0.3%	95.9%
Remaining countries included:		
<ul style="list-style-type: none"> <li>• Belgium</li> <li>• Botswana</li> <li>• Chile</li> <li>• China</li> <li>• Egypt</li> <li>• Estonia</li> <li>• France</li> <li>• Greece</li> <li>• Hungary</li> <li>• Indonesia</li> <li>• Indonesia</li> <li>• Jamaica</li> <li>• Lithuania</li> <li>• Malaysia</li> <li>• Marshall Islands</li> <li>• New Zealand</li> <li>• Oman</li> <li>• Peru</li> <li>• Philippines</li> <li>• Poland</li> <li>• Portugal</li> <li>• Qatar</li> <li>• Romania</li> <li>• Saudi Arabia</li> <li>• Scotland</li> <li>• Singapore</li> <li>• Slovakia</li> <li>• Switzerland</li> </ul>		<b>100.0%</b>

**Registrants by country**



Areas in red denote Countries, States and Provinces where participants were located.

58% (1017) of the registrants (1753) provided information regarding their occupation.

Field	Number	Specific Occupation
Compensation	35	Account Manager (1), Appeals Officer (6), Benefits Administrative Officer (3), Case Manager (6), Claims Adjudicator (10), Disability Management (21), Return to Work Specialist (10), Tribunal Member (1)
JHSC Member (worker/manager)	262	(197 Worker, 65 Manager)
Environmental, Health & Safety Specialist	253	
Health	333	Chiropractor (11), Dental Hygienist (3), Doctor (27), Ergonomist (127), Industrial Hygienist (16), Kinesiologist (19), Nurse (63), Occupational Therapist (53), Physiotherapist (13), Respiratory Specialist (1)
Human Resources	34	
Education	48	Professor (18), Researcher (9), Student (21)
Union/Worker Compensation Representative/Advocate	51	
Architect	1	
	<b>1017</b>	

Occupation of registrants.

## RSI Day 2023 Sessions

The speakers and their topics for each week were:

Week 1	
Trevor Schell OHCOW Ergonomist	<a href="#">Four Es of Shoulder Disorders</a> *

Daryl Stephenson OHCOW Ergonomist	<a href="#">Concussions in the Workplace</a> *
<b>Week 2</b>	
Andre Gauvin OHCOW Occupational Hygienist	<a href="#">Implications of Indoor Environment Quality in an Office Setting</a> *
Dwayne Fuchs and Melissa Statham OHCOW Ergonomists	<a href="#">Ergonomics and Sleep</a> *
<b>Week 3</b>	
Anya Keefe Occupational & Public Health Consultant	<a href="#">Canadian Women's Experiences with Personal Protective Equipment in the Workplace</a> *
David Mijatovic OHCOW Ergonomist	Review of OHCOW's PDD Handbook
Andrew Flannagan OHCOW Ergonomist	<a href="#">New Directions for OHCOW's PDD Handbook</a> *
<b>Week 4</b>	
Katie Goggins and Alison Godwin Centre for Research in Occupational Safety and Health	<a href="#">Job Demands Physical and Cognitive</a> *

\*Available presentations hyperlinked to OHCOW's YouTube channel

## RSI Day 2023 Evaluation

Previously for the RSI Day events, registrants were emailed a link to an evaluation after the session had ended. This year, during the live sessions, we piloted the use of [Slido](#) to conduct an evaluation for each session in real time. In addition, to ensure we were gathering all possible responses registrants were also email emailed a link to the evaluation if they were unable to attend live and were viewing the session on OHCOW's YouTube channel. Overall, Slido had a 58.6% response rate when averaged across the four sessions compared to the previous year (31% response rate) when the evaluation was emailed.

The Slido evaluation was administered in two sections with a pre-evaluation administered at the start of the event, and a post evaluation administered. One trend that was noticed across the four sessions this year with respect to the response to Slido, was that there was an average reduction of responses between the pre and post evaluations by 31.1% despite the vast majority of the attendees still being in attendance.

Possible reasons could be:

Possible Issue	Measure to Address
Time that evaluation was displayed on the screen	<ul style="list-style-type: none"> <li>Initially the evaluation was displayed in the last five minutes of the final sessions.</li> <li>Over the following sessions, the post evaluation was reposted in the last five minutes of the final session, prior to the question period, and at the end of the question period.</li> </ul>
People minimizing evaluation <ul style="list-style-type: none"> <li>If people minimized Slido especially in the last five minutes of the evaluation due to wanting to see the full screen</li> </ul>	<ul style="list-style-type: none"> <li>Evaluation was reposted as above so it would reopen</li> </ul>
People unfamiliar with Slido If they did minimize the window they may not of know how to reopen it	<ul style="list-style-type: none"> <li>Evaluation was reposted as above so it would reopen</li> </ul>
People forgot about evaluation if minimized or ignored the prompt when first posted	<ul style="list-style-type: none"> <li>Evaluation was reposted as above so it would reopen</li> <li>Participants were informed of the evaluation at the start of the event and again before the beginning of the question period</li> <li>Evaluation was emailed to participants along with notification hat the recording of session was uploaded to YouTube</li> </ul>

**Possible issues affecting response pre and post survey.**

Unfortunately, despite the above measures to address the reduction in responses between the pre and post survey (with the exception of email the evaluation), the decrease between pre and post continued over the four sessions.

	Pre	Post	% Decrease
Week 1	483	360	25.5%
Week 2	356	300	15.7%
Week 3	236	153	35.2%
Week 4	365	190	47.9%

**Comparison of responses between pre and post evaluation.**

The emailing of a link to the evaluation when being notified of the recording being available on the OHCOW YouTube channel did result in an increase of overall responses. With an average over all increase of 10.6% over the four sessions.

	Slido	Emailed Evaluation	Combined	% contributed from Slido	% contributed from email
Week 1	483	75	558	86.6%	13.4%
Week 2	356	38	394	90.4%	9.6%
Week 3	236	11	247	95.5%	4.5%
Week 4	365	63	428	85.3%	14.7%

**Contribution of follow up email of the evaluation.**

Session	Slido Responses	Emailed Evaluation Responses	Combined
Week 1	483	75	558
Week 2	356	38	394
Week 3	236	11	247
Week 4	365	63	428

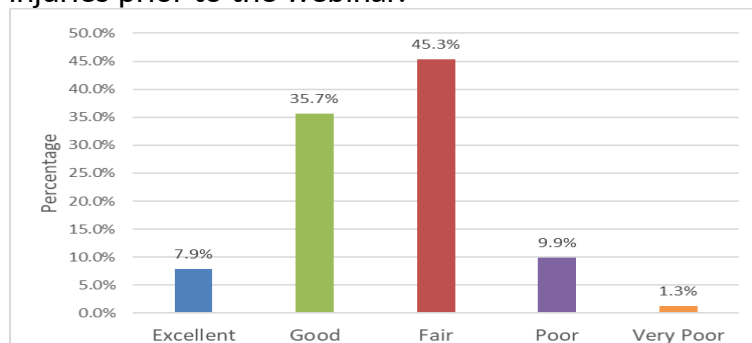
**Number of responses**

Session	Slido Response Rate	Combined Response Rate	% Increase
Week 1	62.6%	72.4%	13.4%
Week 2	62.8%	69.5%	9.6%
Week 3	52.1%	54.5%	4.5%
Week 4	56.9%	66.7%	14.7%
<b>Average</b>			<b>10.6%</b>

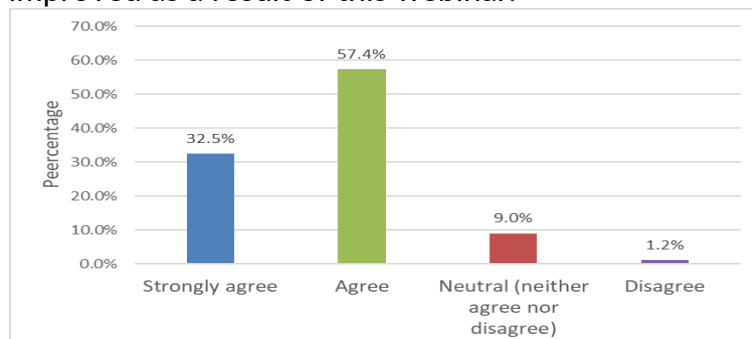
**Increase of responses with follow up.**

**RSI Day 2023 Evaluation – Week 1**

Please rate your knowledge of risk factors and prevention strategies for shoulder injuries prior to the webinar.

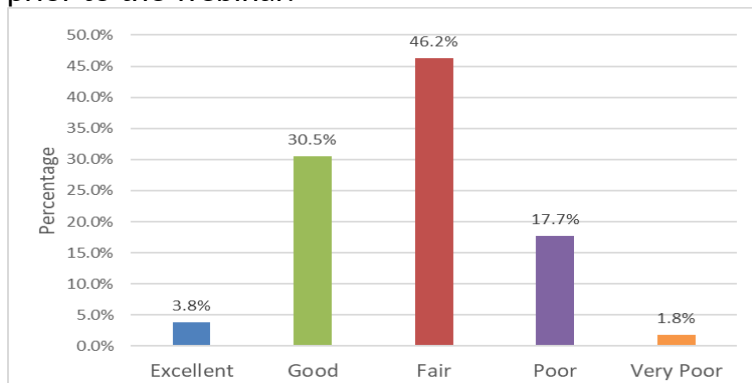


My knowledge of risk factors and prevention strategies for shoulder injuries has improved as a result of this webinar.

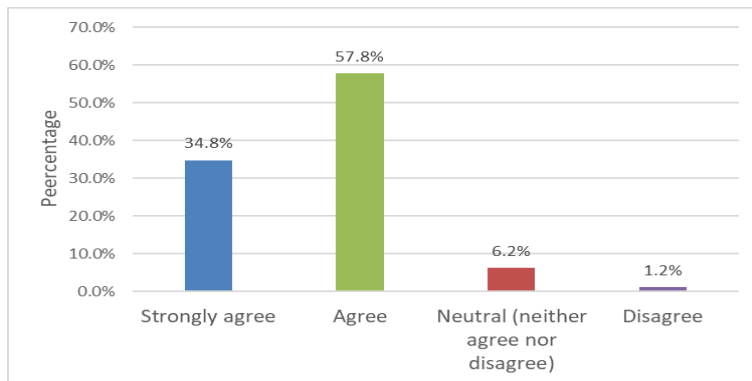




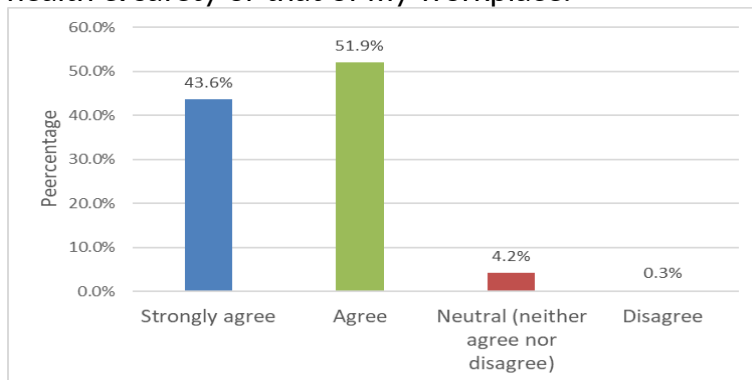
Please rate your knowledge of risk factors and prevention strategies for concussions prior to the webinar.



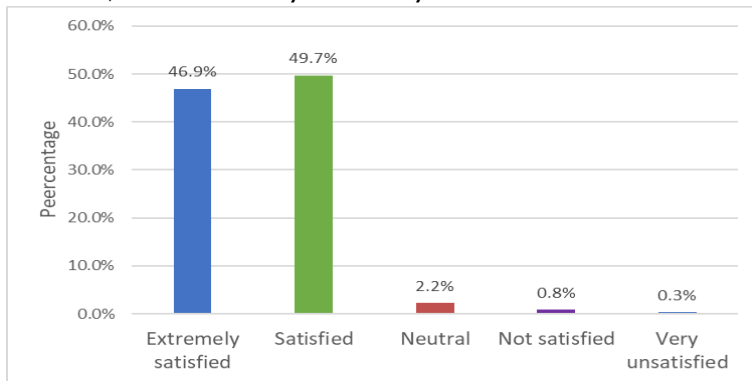
My knowledge of risk factors and prevention strategies for concussions has improved as a result of this webinar.



The speakers provided practical information that I can apply to improve my personal health & safety or that of my workplace.

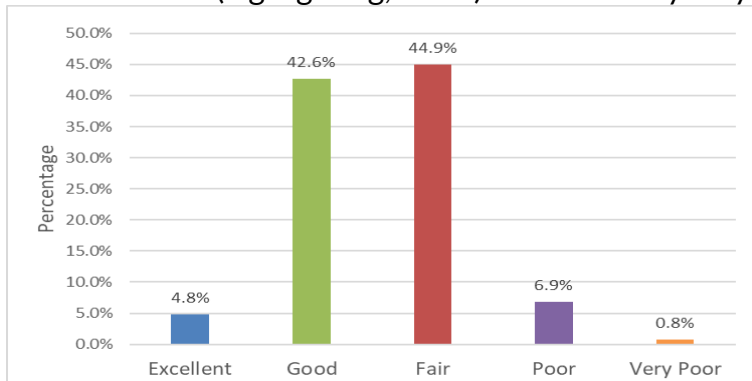


Overall, how would you rate your satisfaction with the webinar?

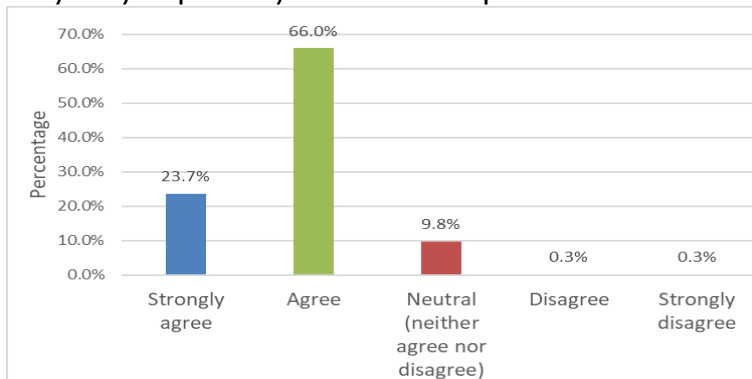


## RSI Day 2023 Evaluation – Week 2

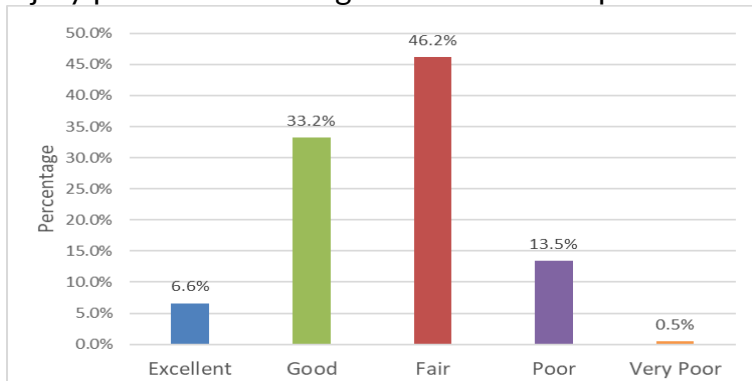
Prior to the webinar, please rate your current knowledge of indoor work environment characteristics (e.g. lighting, noise) and how they may impact your health.



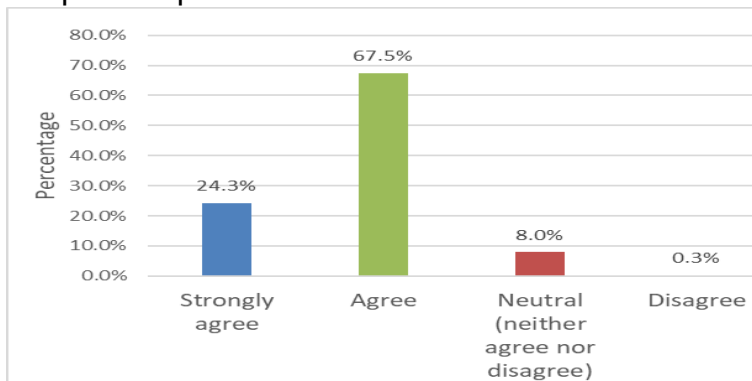
My knowledge of indoor work environment characteristics (e.g. lighting, noise) and how they may impact my health has improved as a result of this webinar.



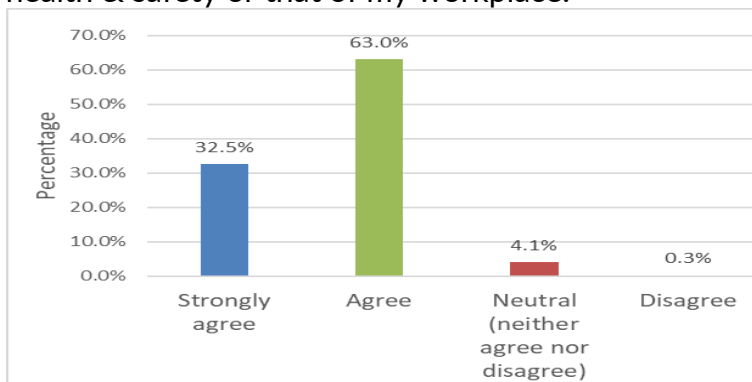
Prior to the webinar, please rate your current knowledge of ergonomic risk factors and injury prevention strategies related to sleep.



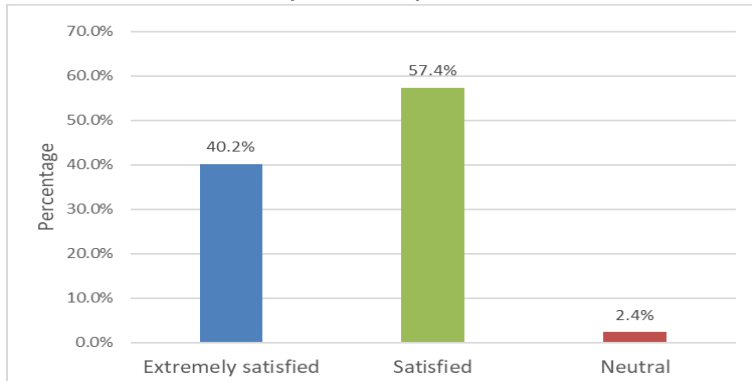
My knowledge of ergonomic risk factors and injury prevention strategies related to sleep has improved as a result of this webinar.



The speakers provided practical information that I can apply to improve my personal health & safety or that of my workplace.



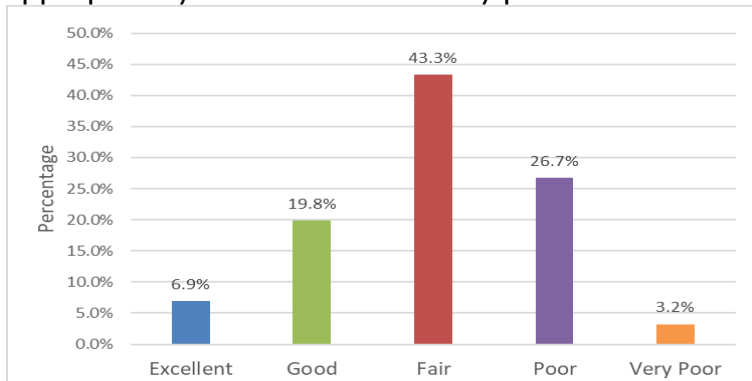
Overall, how would you rate your satisfaction with the webinar?



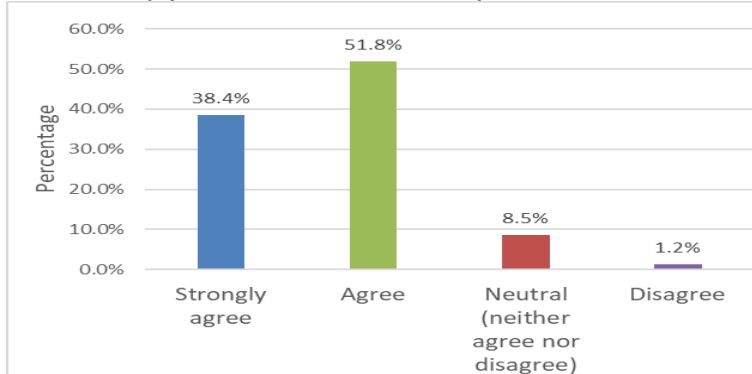
### RSI Day 2023 Evaluation – Week 3

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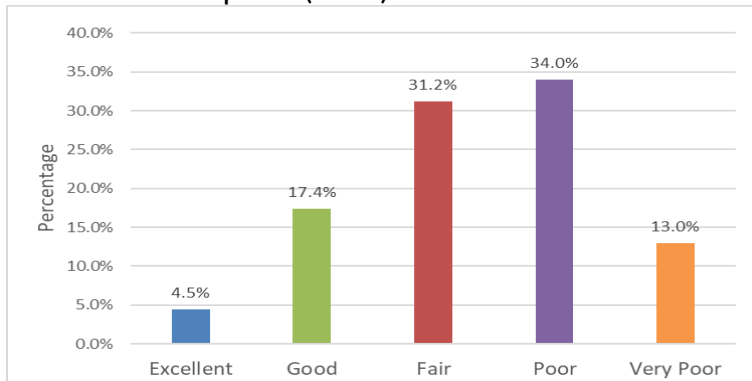
Prior to the webinar, please rate your knowledge of the barriers women face in finding appropriately sized and sufficiently protective PPE.



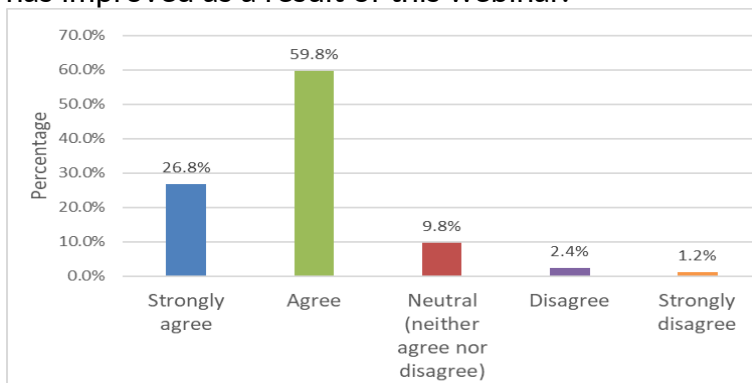
My knowledge of the barriers women encounter when finding appropriately-sized and sufficiently protective PPE has improved as a result of this webinar.



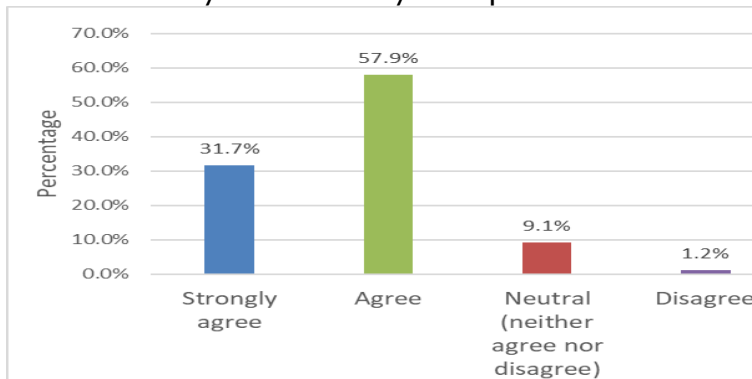
Prior to the webinar, please rate your knowledge of OHCOW's current Physical Demand Description (PDD) handbook.



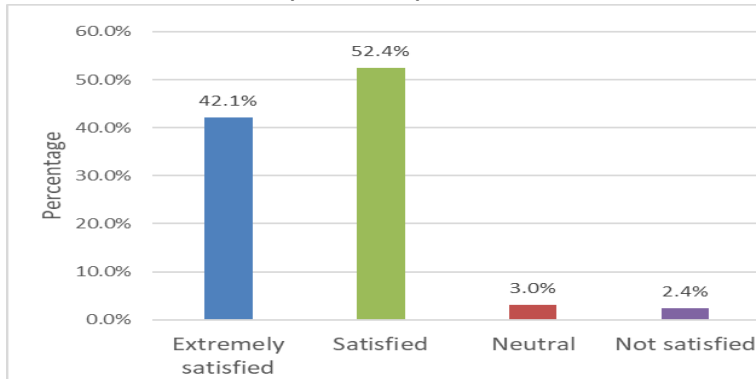
My knowledge of OHCOW's current Physical Demand Description (PDD) handbook has improved as a result of this webinar.



The speakers provided practical information that I can apply to improve my personal health & safety or that of my workplace.



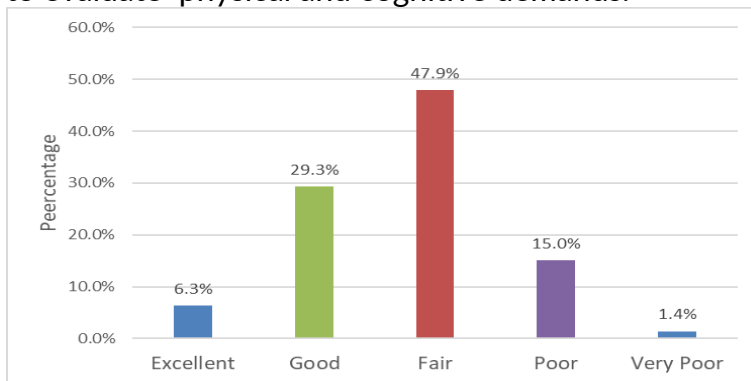
Overall, how would you rate your satisfaction with the webinar?



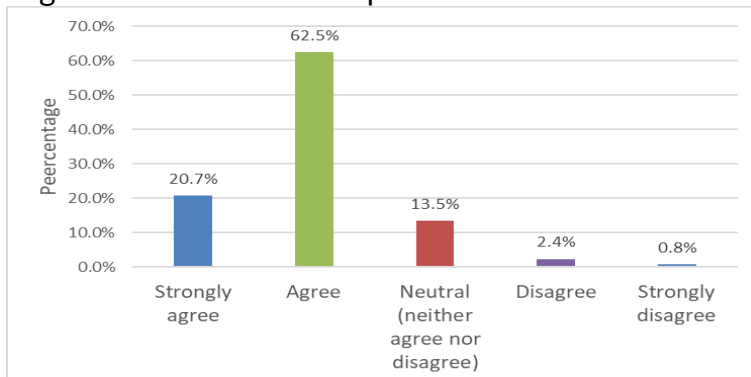
### RSI Day 2023 Evaluation – Week 4

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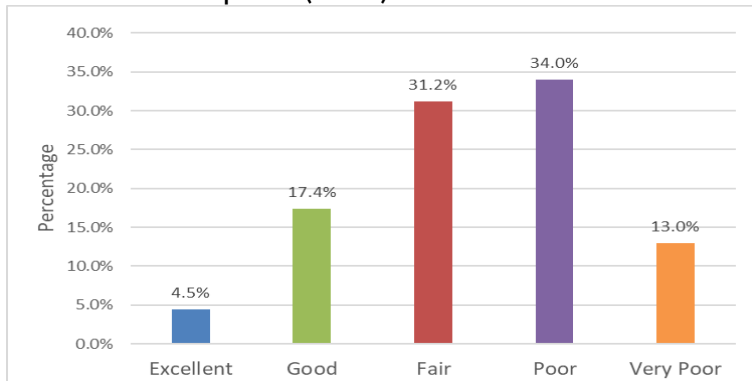
Prior to the webinar, please rate your knowledge of the components required, and how to evaluate physical and cognitive demands.



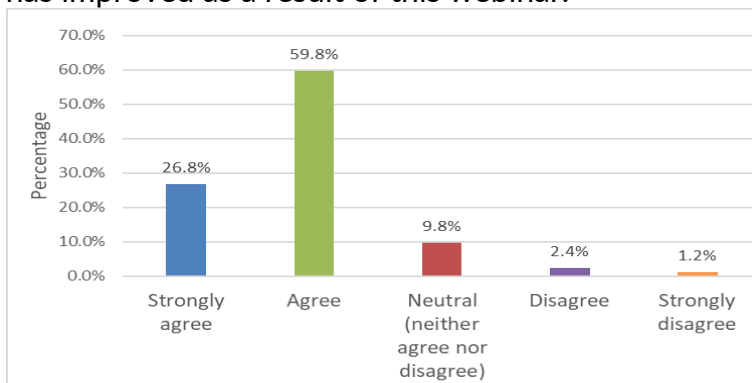
My knowledge of the components required, and how to evaluate physical and cognitive demands has improved as a result of this webinar.



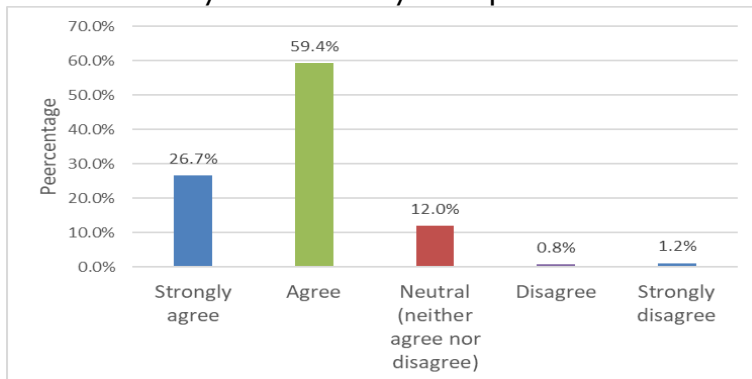
Prior to the webinar, please rate your knowledge of OHCOW's current Physical Demand Description (PDD) handbook.



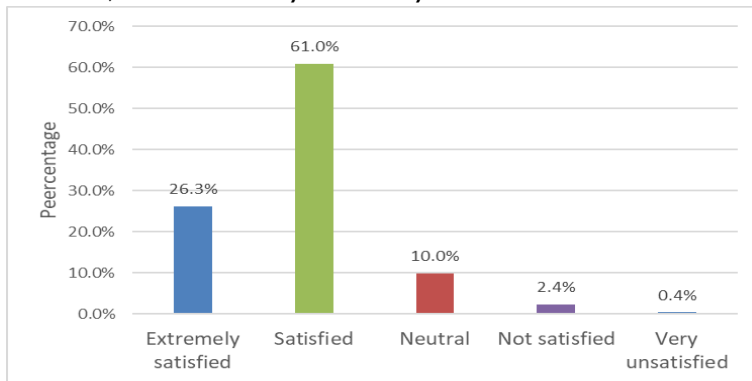
My knowledge of OHCOW's current Physical Demand Description (PDD) handbook has improved as a result of this webinar.



The speakers provided practical information that I can apply to improve my personal health & safety or that of my workplace.

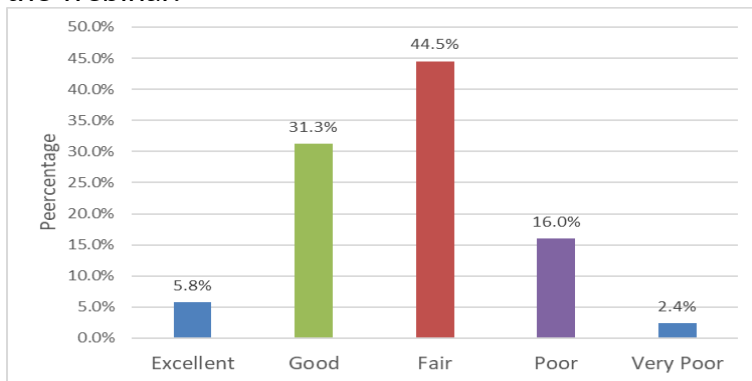


Overall, how would you rate your satisfaction with the webinar?

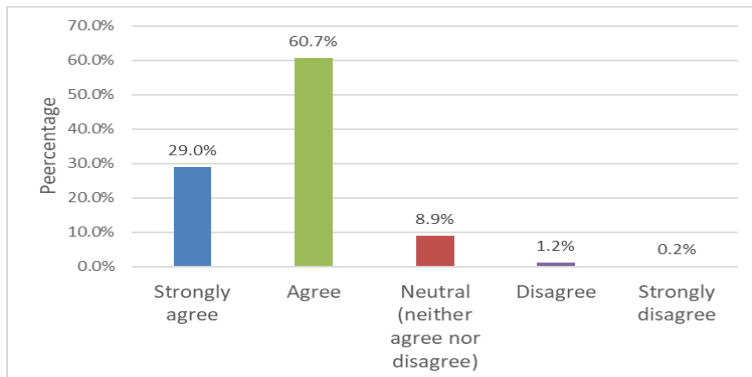


### RSI Day 2023 Evaluation Combined

Please rate your knowledge of risk factors and prevention strategies discussed prior to the webinar.

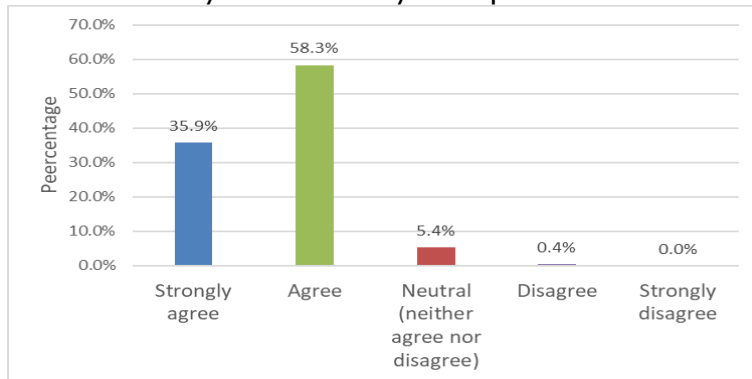


My knowledge of risk factors and prevention strategies has improved as a result of this webinar.

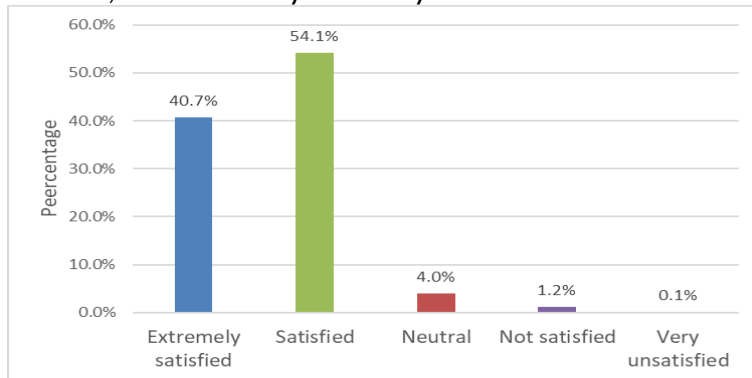




The speakers provided practical information that I can apply to improve my personal health & safety or that of my workplace.



Overall, how would you rate your satisfaction with the webinar?



## RSI Day 2023 Comments

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- “All the workshops are very well done and informative, and I really enjoy attending them. Thank you again for your excellent presentations.”
- “I am loving what I am learning and using it all day with my patients. I feel very privileged to be learning with you.”
- “Info provided during these sessions are valuable for both reminders and new information and research.”
- “OHCOW has top notch usable webinars and tools for all levels of WSIB and OHS issues from new JHSC members to health and safety professionals! Thanks!”
- “Relevant topics for both my professional and personal life.”
- “These resources inspire me and educate me every year. I would and have recommended your presentations to colleagues and students. Thank you”
- “These sessions always provides new information or updated research.”

- “Really liked the format/schedule of putting over four sessions, as opposed to all at once.”
- “Really enjoyed the sessions and the tech was excellent-it went really smooth as a viewer.”
- “Great sessions, thank you for the work you do to get these organized.”
- “Thoroughly enjoyed this seminar. Very useful info. I have already shared info learned with a colleague and also my partner who all have experienced shoulder injuries. I learned a lot about a new condition I have and how that may be connected to the ongoing shoulder injuries I experience so this is something I can now discuss with my health care professionals! Thanks again. I also think the presenters did a pretty amazing job with delivering this virtual session to MANY participants at once from all over the world!”