

RSI Day 2025 – Summary, Feedback and Evaluations

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Summary

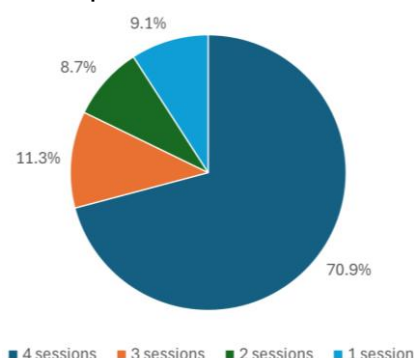
The phrase RSI is a ubiquitous term used to describe an ache or pain located anywhere in the body. However, “RSI Day” tends to draw focus towards upper limb disorders only, especially those related to computer work. RSIs (also known as Cumulative Trauma Disorders and Musculoskeletal Disorders) are but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

2025 marked the 26th anniversary of RSI Day educational sessions organized by the Occupational Health Clinics for Ontario Workers (OHCOW). Since 2021, the RSI Day event has transitioned from a full-day program to a four-week, 2-hour webinar series held throughout February. Each week focused on a different theme, covering a range of topics related to ergonomics and musculoskeletal disorders.

Attendance/Registration

The total registration for all four sessions combined was 6,244 (with duplications removed). Overall, 70.9% of the registrants registered for all 4 sessions.

# Sessions Registered	Percentage
4 sessions	70.9%
3 sessions	11.3%
2 sessions	8.7%
1 session	9.1%



Percentage of registrants that registered for multiple sessions.

Registration for each session was steady, with weeks 3 and 4 seeing a slight increase in the number of registrants.

Session	# Registered	Percentage
Week 1 Clinical Insights & Applying New Technology	1468	23.5%
Week 2 Reality Check 2025 - Hazard Mitigation	1550	24.8%
Week 3 Key Topics in Occupational Ergonomics 1	1597	25.6%
Week 4 Key Topics in Occupational Ergonomics 2	1629	26.1%
	6244	

Registration by Session.

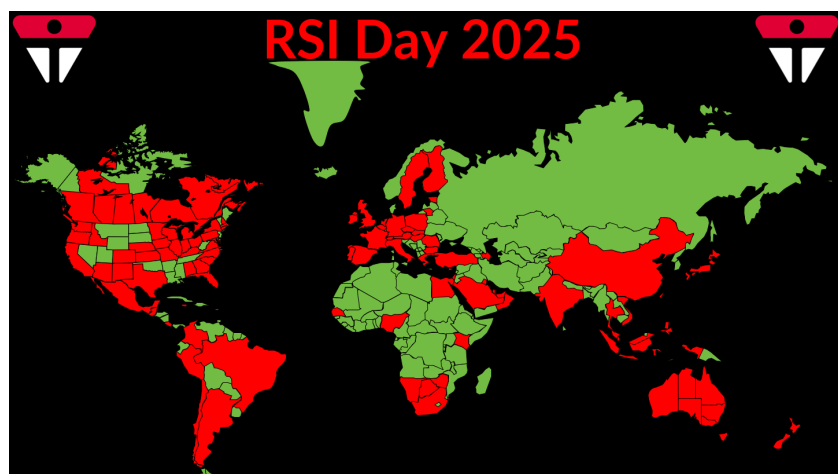
Due to factors like time differences and scheduling conflicts, many of the RSI Day registrants are unable to attend the live sessions and instead wait for notifications when the session recordings are available on the OHCOW YouTube channel.

Session	Webex Livestream	YouTube Livestream	YouTube Views*
Week 1	538	317	378
Week 2	627	170	254
Week 3	522	150	91
Week 4	538	175	165

Percentage of Live Attendees and YouTube views.

*Average YouTube views of as April 1, 2025

After excluding the 6,244 registrants who attended multiple sessions, there were 1,808 unique registrants from 63 different countries.



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

The 1808 unique registrants were located across the globe and the breakdown is as follows:

Location	Percentage	Total Percentage
Ontario (Main Stakeholder)	46.06%	46.06%
Remainder from Canada	22.25%	68.31%
United States of America (33 States)	12.11%	80.42%
Malaysia	4.37%	84.79%
India	1.60%	86.39%
South Africa	1.44%	87.83%
England	1.33%	89.16%
Australia	1.22%	90.38%
Indonesia	1.16%	91.54%
Ireland	0.66%	92.20%
Remaining countries included:		
• Argentina	• Estonia	• Mexico
• Austria	• Finland	• Namibia
• Azerbaijan	• France	• Netherlands
• Belgium	• Germany	• New Zealand
• Botswana	• Greece	• Nigeria
• Brazil	• Guatemala	• Oman
• Bulgaria	• Hungary	• Peru
• Chile	• Israel	• Philippines
• China	• Italy	• Poland
• Colombia	• Jamaica	• Portugal
• Costa Rica	• Japan	• Qatar
• Cyprus	• Kenya	• Romania
• Czechia	• Kuwait	• Saudi Arabia
• Egypt	• Lithuania	• Scotland
		• Senegal
		• Singapore
		• Slovakia
		• Spain
		• Sweden
		• Switzerland
		• Taiwan
		• Thailand
		• Turkey
		• United Arab Emirates
		• Vietnam
		• Zimbabwe
		100%

Registrants by country

The Ministry of Labour, Immigration, Training and Skills Development, OHCOW's governing body, has requested that educational sessions collect specific demographic information from attendees to better understand the changing nature of the stakeholders participating in these sessions. The questions and information that OHCOW is mandated to obtain include:

What is your current age?

15 - 24	2%
25 - 54	72%
55 and over	20%
Prefer not to answer	6%

n = 1808

What is your gender identity?

Female	63%
Male	32%
Non-binary (includes Two-spirit)	0.11%
Other	0.17%
Prefer not to answer	5%

n = 1808

What is your ethnicity/race?

Caucasian	57%
South Asian (e.g. East Indian, Pakistani, Sri Lankan)	6%
Black	4%
Chinese	4%
Latin American	4%
Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai)	4%
Indigenous	1%
Filipino	2%
Arab	1%
West Asian (e.g., Iranian, Afghan)	0.05%
Korean	0.33%
Japanese	0.39%
Other	5%
Prefer not to answer	11%

n = 1808

What is your primary language?

English	87%
French	3%
Other	3%
Spanish	2%
Prefer not to answer	1.71%
Portuguese	1.0%
Mandarin	0.55%
Tagalog (Pilipino, Filipino)	0.33%
Italian	0.33%
Yue (Cantonese)	0.28%
Arabic	0.22%
Gujarati	0.22%
Punjabi (Panjabi)	0.17%
Iranian Persian	0.10%
Urdu	0.06%
Tamil	0.03%

n = 1808

How many people are employed at your workplace?

1 - 19	18%
20 - 49	7%
More than 50	76%

n = 1808

In which industry are you employed?

62 - Health care and social assistance	18.97%
61 - Educational services	18.03%
54 - Professional, scientific and technical services	11.78%
31-33 - Manufacturing	11.17%
91 - Public administration	9.73%
Prefer not to answer	6.97%
81 - Other services (except public administration)	6.19%
21 - Mining, quarrying, and oil and gas extraction	3.98%
23 - Construction	3.43%
22 - Utilities	1.60%
48-49 - Transportation and warehousing	1.60%
11 - Agriculture, forestry, fishing and hunting	1.38%
44-45 - Retail trade	1.16%
52 - Finance and insurance	1.16%
I don't know	0.83%
51 - Information and cultural industries	0.50%
56 - Administrative and support, waste management and remediation services	0.50%
53 - Real estate and rental and leasing	0.33%
55 - Management of companies and enterprises	0.28%
71 - Arts, entertainment and recreation	0.28%
72 - Accommodation and food services	0.11%

n = 1808

What is your occupation?

0 - Legislative and senior management occupations	2.10%
1 - Business, finance and administration occupations	7.24%
2 - Natural and applied sciences and related occupations	47.57%
3 - Health occupations	5.91%
4 - Occupations in education, law and social, community and government services	32.91%
5 - Occupations in art, culture, recreation and sport	1.11%
6 - Sales and service occupations	0.72%
7 - Trades, transport and equipment operators and related occupations	0.94%
8 - Natural resources, agriculture and related production occupations	0.11%
9 - Occupations in manufacturing and utilities	0.77%
Prefer not to answer	0.62%

n = 1808

RSI Day 2025 Sessions

The speakers and their respective topics for each week were as follows:

Session 1: Clinical Insights & Applying New Technology

Trevor Schell - OHCOW Ergonomist Cynthia Arnold - OHCOW Physician	Osteoarthritis of the Carpometacarpal Joint (Thumb)
Melissa Statham - OHCOW Ergonomist Pravesh Jugnundan - OHCOW Physician	Osteoarthritis of the Hip
Dennis Larson - Postdoctoral Researcher CRE/MSD- University of Waterloo	Implementing Markerless Motion Capture Technology for Ergonomics Assessments

Session 2: Reality Check 2025 - Hazard Mitigation

André Gauvin - OHCOW Occupational Hygienist	Heat Stress Management: A new toolkit for Ontario Workplaces
Daryl Stephenson - OHCOW Ergonomist Andrew Flanagan - OHCOW Ergonomist	Ergonomics and Manual Materials Handling: Enhancing Safety and Efficiency

Session 3: Key Topics in Occupational Ergonomics 1

Dr Behdin Nowrouzi-Kia - Assistant Professor Department of Occupational Science and Occupational Therapy University of Toronto	Creating and Fostering Inclusive Work Environments to Prevent MSDs Among Older Workers
David Mijatovic - OHCOW Ergonomist	Comparison of REBA and RULA

Session 4: Key Topics in Occupational Ergonomics 2

Dwayne Fuchs - OHCOW Ergonomist Dr. Joe Valente - Optometrist	Visual Ergonomics: The Relationship Between Vision and Office Ergonomics
Trevor Schell - OHCOW Ergonomist Melissa Statham - OHCOW Ergonomist	Review of the Quick Exposure Check (QEC) Reference Guide

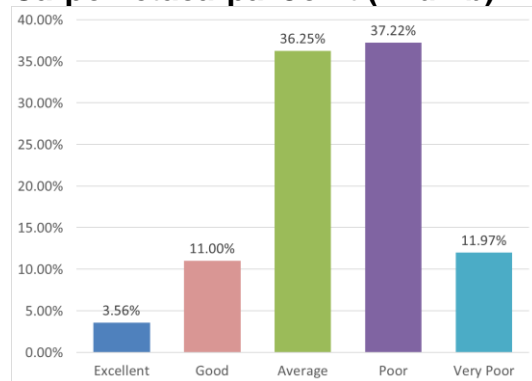
***Available presentations hyperlinked to OHCOW's YouTube channel**

RSI Day 2025 Evaluation

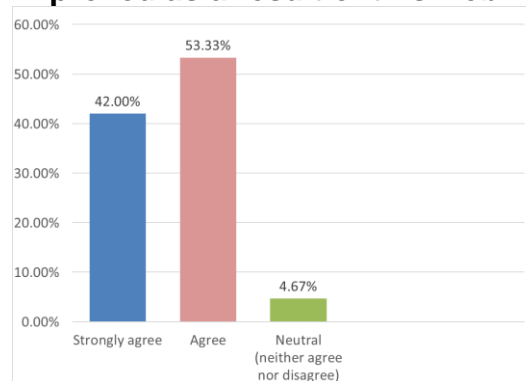
Slido was used during the live sessions to gather real-time evaluations for each session. This easy-to-use Q&A and polling platform fosters audience engagement in both in-person and virtual meetings and events by encouraging open discussions and collecting immediate feedback. The evaluation process was split into two parts: a pre-evaluation at the start of the event and a post-evaluation at the end. To ensure comprehensive feedback, registrants who couldn't attend live but were watching the session on OHCOW's YouTube channel received an email with a link to the evaluation.

RSI Day 2025 Evaluation – Week 1

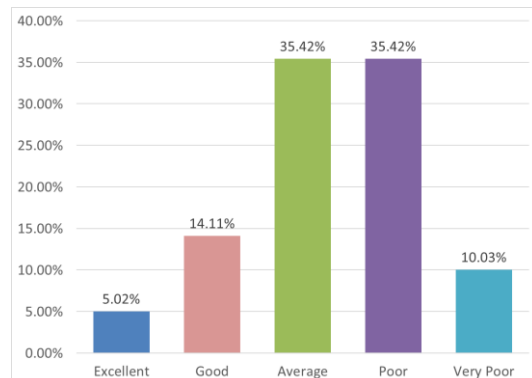
Prior to the webinar, please rate your knowledge of the Osteoarthritis of the Carpometacarpal Joint (Thumb).



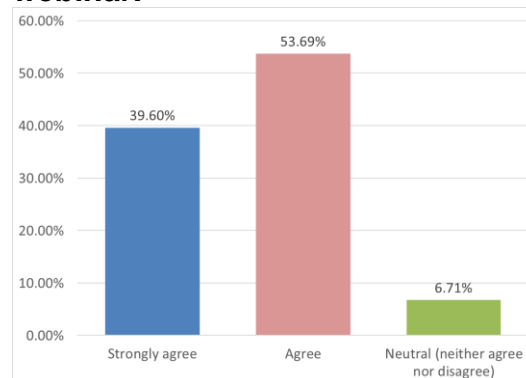
My knowledge of Osteoarthritis of the Carpometacarpal Joint (Thumb) has improved as a result of this webinar.



Prior to the webinar, please rate your knowledge of Osteoarthritis of the Hip.

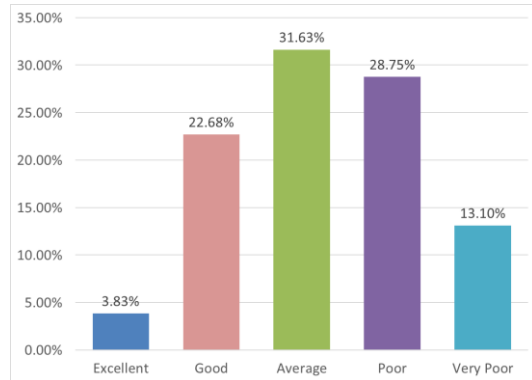


My knowledge of Osteoarthritis of the Hip has improved as a result of this webinar.

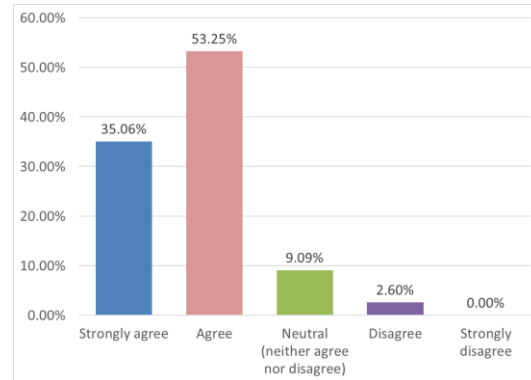


RSI Day 2025 Evaluation – Week 2

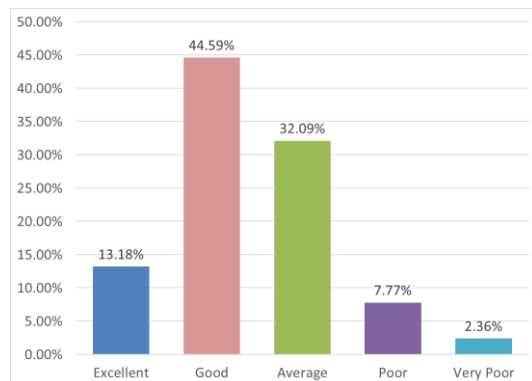
Prior to the webinar, please rate your knowledge of OHCOW's Heat Stress Toolkit.



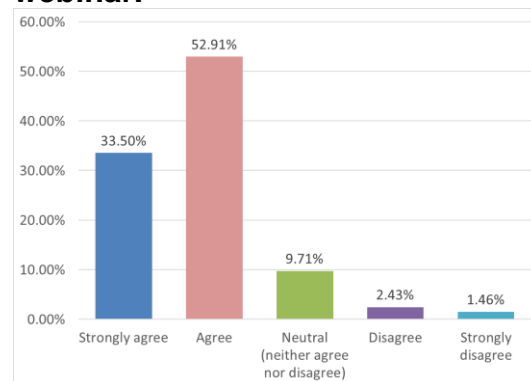
My knowledge of OHCOW's Heat Stress Toolkit has improved as a result of this webinar.



Prior to the webinar, please rate your knowledge of Ergonomics and Manual Materials Handling.

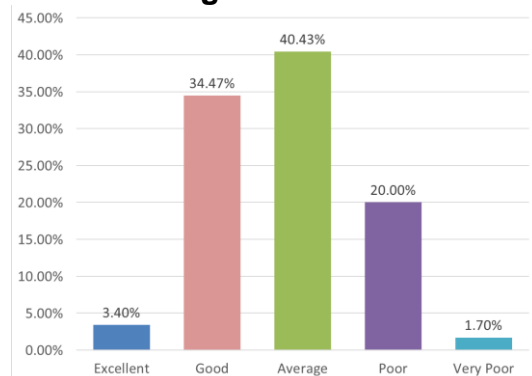


My knowledge of Ergonomics and Manual Materials Handling has improved as a result of this webinar.

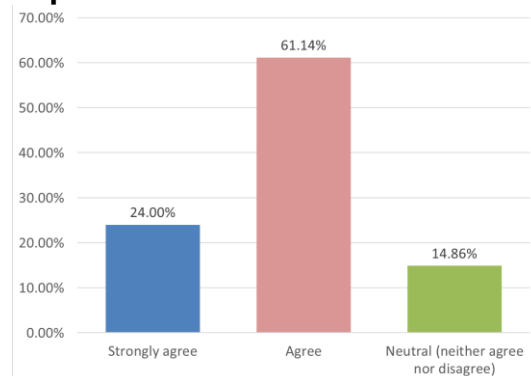


RSI Day 2025 Evaluation – Week 3

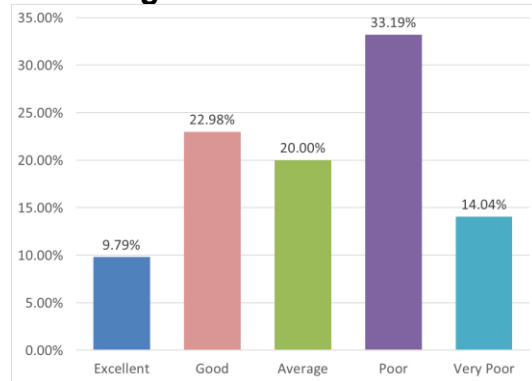
Prior to the webinar, please rate your knowledge of Creating and Fostering Inclusive Work Environments to Prevent MSDs Among Older Workers.



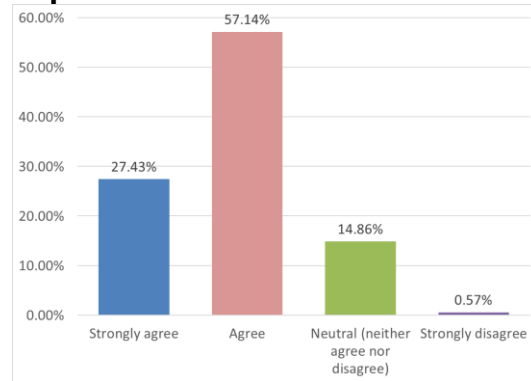
My knowledge of Creating and Fostering Inclusive Work Environments to Prevent MSDs Among Older Workers has improved as a result of this webinar.



Prior to the webinar, please rate your knowledge of REBA and RULA.

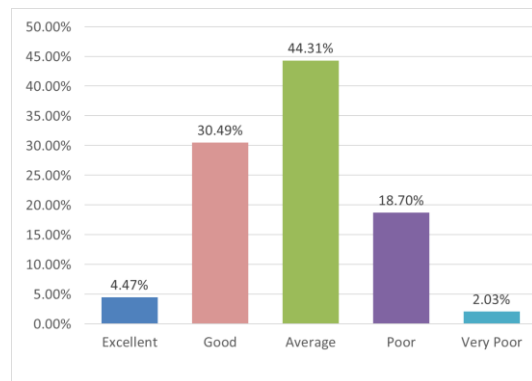


My knowledge of REBA and RULA has improved as a result of this webinar.

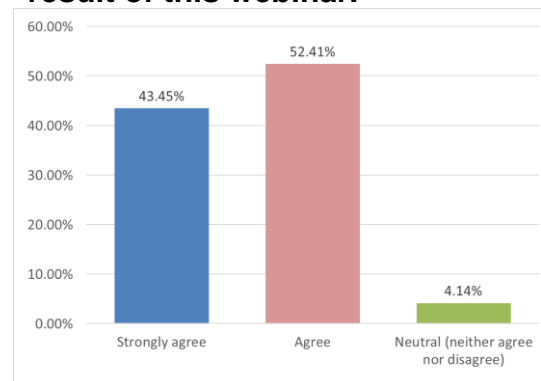


RSI Day 2025 Evaluation – Week 4

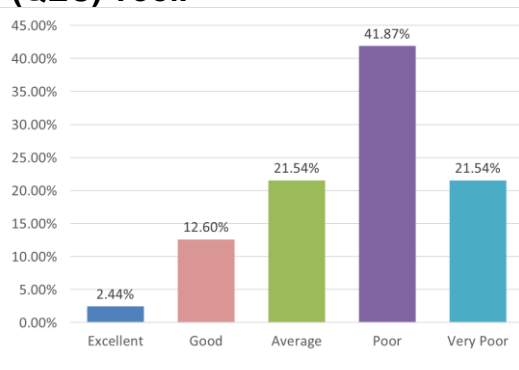
Prior to the webinar, please rate your knowledge of Visual Ergonomics.



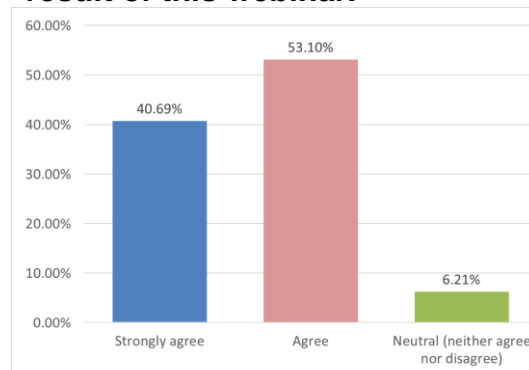
My knowledge of Visual Ergonomics has improved as a result of this webinar.



Prior to the webinar, please rate your knowledge of the Quick Exposure Check (QEC) Tool.

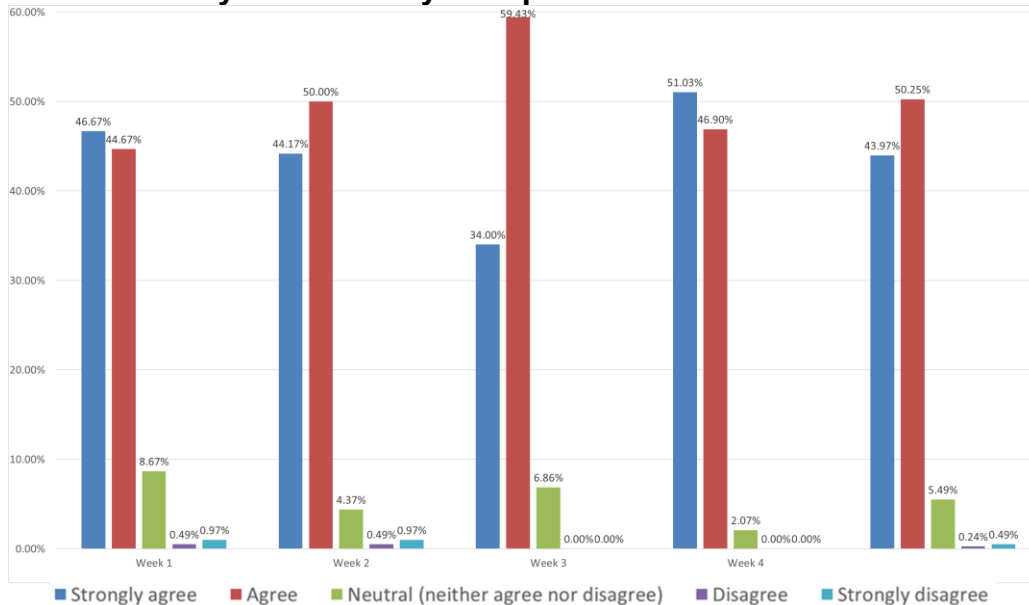


My knowledge of the Quick Exposure Check (QEC) Tool has improved as a result of this webinar.



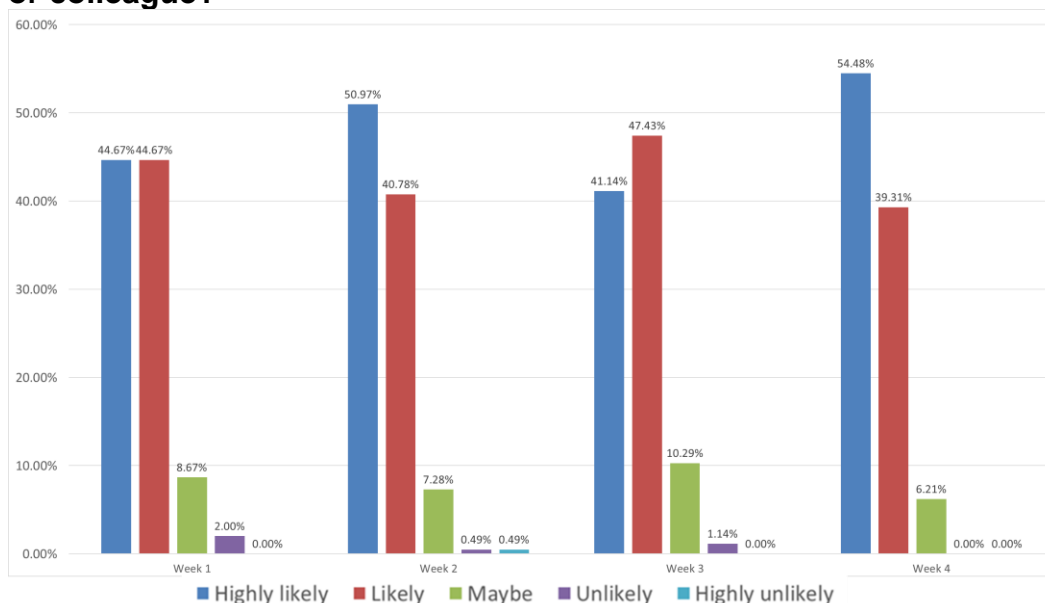
RSI Day 2025 Evaluation Combined

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



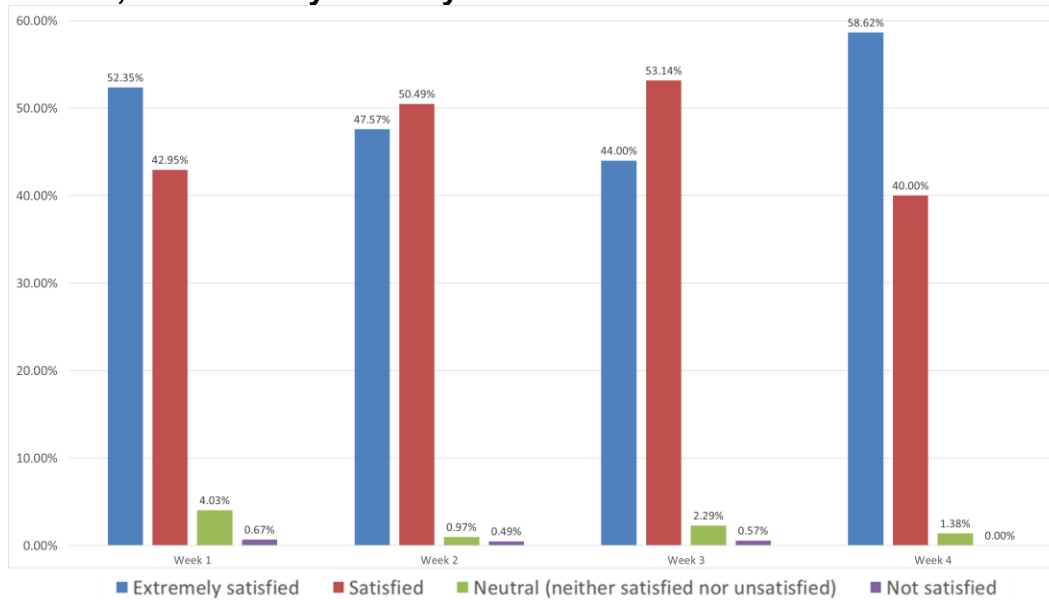
Participants agreed that the information shared throughout the four weekly sessions would enhance both personal and workplace health and safety, with 54.95% strongly agreeing and 51.08% agreeing.

How likely would you be to share the information from this session with a co-worker or colleague?



Over the course of the four weekly sessions, participants indicated that, on average, 47.82% would be highly likely and 43.04% would be likely to share the information they gained with a co-worker or colleague.

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



Overall, participants were pleased with the information provided during the four weekly sessions, with 50.64% being extremely satisfied and 46.65% being satisfied.

RSI Day 2025 Comments

- All sessions were very informative and presented great! I learned a lot.
- Excellent and very informative series! Thank you Trevor & OHCOW!
- Excellent information with detailed explanations and on the importance of making sure to consider if any medical issues, while performing Ergo Assessment, that contributes exacerbation of condition are present.
- Great webinar, having the recordings available on YouTube really helps.
- I am a CCPE certified so my knowledge of baseline learning is higher than many. I still got lots of good new (enhanced) knowledge from my attending several of the sessions.
- Very well presented and easily integrated for my workplace
- Well done. Always find your sessions insightful.
- What I liked best about these four sessions were the real-world observations and applications, thereby answering the "so what?" question. Many thanks for all the effort that went into preparing for this four week event.
- I think that the sessions were great. The first week didn't really apply to my workplace however, I learned a lot and especially enjoyed the fact the toolkits were explained.
- I think this was AMAZING!! I am so happy you sent the feedback form after the series, too, so that you can get my fulsome review - which was just awesome!! I think you've done a great job at bringing in different folks to speak on their subjects.
- Thanks for making so much fantastic ergonomics info available to us all once again.

RSI Day 2025 – Future Webinar Suggestions

As we prepare for next year, the 27th Annual event, attendees were asked for suggestions for future topics that would interest them. Some of the suggestions that have not been topics of recent OHCOW webinars were:

- Carts and Casters
- Cognitive ergonomics
- DDD in neck, shoulder and arm with nerve damage how can I improve my injury my shoulder is out of line and dropped forward
- Discussion on control measures for prolonged standing.
- Exercises that employees can implement to prevent RSIs. Resources for employees with RSI.
- Extended standing/ pushing pulling ex. custodial employment
- How ergonomics considerations differ with workers of different levels of ability (e.g., differences in strength).
- Impact of the harmonization of various provincial OHS Regulations with the dropping of interprovincial barriers due to the Trump tariffs.
- Impact on health and safety of dropping interprovincial regulations arising out of the Trump tariffs.
- More focus on engineering controls that can be used to control hazards.
- More non-office ergonomics webinars, quick and adaptable tools that can be utilized easily
- Osteoarthritis of the knees
- Ergonomics and pregnancy
- User interface studies, data management and ergonomics, mouse and keyboard prescription for specific tasks, task analysis