

information  
quick!

**SAFETY**

## Quick Guide to YOUR COMPUTER & YOUR HEALTH

Your Logo  
here...



For the Prevention of  
Repetitive Strain Injuries-RSI's/Musculoskeletal Disorders-MSD's

WHAT IS AN RSI / MSD

RISK FACTORS

TYPES

SIGNS AND SYMPTOMS

TREATMENT

ADJUSTING WORK & LIFE-STYLE HABITS

ADJUSTING YOUR CHAIR

ADJUSTING YOUR WORKSTATION

EXERCISES

FREQUENTLY ASKED QUESTIONS

PREVENTING AND RSI / MSD

TEST

RSI — Cover

### Quick Guide to Your Computer and Your Health (4 x 6")

*The Quick Guide to Your Computer and Your Health will help in the prevention of Repetitive Strain Injuries and musculoskeletal Disorders.*

The booklet works through identifying problems and treatment option. It was written by Dianne Stinson — Diane Stinson, M.Sc., CCPE, is the President of HealthWorks, the ergonomics consulting company she established in 1988. Based in Calgary, Alberta, Canada, Diane has worked with hundreds of companies and thousands of employees assisting them with ergonomics in their offices.

[www.healthworks.ca](http://www.healthworks.ca)

### Risk Factors

Risk factors for RSI/MSD include:

- forceful exertions (striking keys too hard, grasping too hard)
- awkward postures and body positions
- repetitive or prolonged activities
- localized contact stress (rest on a sharp edge, pressure against tissues)
- extreme temperatures
- vibration



Although your work habits may be a risk factor for developing an RSI/MSD, they may not be the actual cause. You may have a pre-existing health problem, such as arthritis, or a physical limitation from an old sporting injury, that is aggravated or contributed to by work tasks and habits.

*The effect of any of these factors may result in an imbalance in the body's recuperative power to repair itself between work periods. The eventual results may be pain, stiffness in muscles or joints, and/or swelling in the soft tissues of the body.*

### Types of Repetitive Strain Injuries

#### Types

#### Muscle

(e.g. Tension Neck Syndrome, Muscle Sprain and Strain)

#### Common Complaints

aches in upper neck & shoulders  
aches or spasms in forearms  
lower back

#### Causes

tension  
fatigue & over-use

#### Tendon

(e.g. Tendonitis, Epicondylitis, De Quervain's Disease, Ganglion Cyst)

pain in wrist/elbow/thumb/shoulder

inflammation of muscle tendons

#### Nerve

(e.g. Carpal Tunnel Syndrome, Thoracic Outlet Syndrome, Cubital Tunnel Syndrome)

ache in hand/wrist/elbow  
ache in neck/lower back

pressure on or entrapment of nerves

#### Circulation

(e.g. Raynaud's Syndrome)

ache in shoulders/arms/hands  
cramping in lower leg/calf

pressure on or entrapment of blood vessels

RISK FACTORS

TYPES

SIGNS AND SYMPTOMS

TREATMENT

ADJUSTING WORK & LIFE-STYLE HABITS

ADJUSTING YOUR CHAIR

ADJUSTING YOUR WORKSTATION

EXERCISES

FREQUENTLY ASKED QUESTIONS

PREVENTING AND RSI / MSD

TEST

RSI — Inside Page