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February 23, 2016

**Unifor Local Union Presidents and Recording Secretaries**

Dear Sisters and Brothers,

Unifor members everywhere in Canada are focusing on a variety of activities around this year's **International Repetitive Strain Injury Awareness Day (RSI Day)**, February 29, 2016.

RSI Day is an opportunity to promote injury prevention and raise awareness about the prevalence of Repetitive Strain Injuries (RSIs) and their effects.

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.

Held on the last day of February, it is the only "**non-repetitive**" day on the calendar and is officially observed on February 29. Unions, workers support groups and others around the world mark International RSI Day each year. We must continue to emphasize the need for **Ergonomic Regulations, Justice and Dignity for Injured Workers** and **Respectful Accommodation**.

As part of your awareness building activities, you can reproduce the Health and Safety Fact Sheets on shoulders, backs, wrists, arms and standing which can be downloaded from our website under [www.unifor.org/rsi](http://www.unifor.org/rsi).

The annual OHCOW International RSI Day conference is available with the aid of the eDome so that anyone can access the live event free of charge regardless of geographic location. <http://www.ohcow.on.ca/newsroom?newsid=280>.

The **PainPoint app**, a very basic ergonomic assessment can be downloaded <http://www.ohcow.on.ca/painpoint>. It runs through a series of diagrams and questions to pinpoint musculoskeletal pain, identify possible sources, and discover practical solutions - right from your smartphone!

On **February 29, 2016**, participate in your area activities through your Labour Councils, Injured Worker's and other community organizations to continue raising awareness.

In solidarity,

A handwritten signature in black ink, appearing to read "Jerry Dias". The signature is fluid and cursive, with the first name "Jerry" and last name "Dias" clearly distinguishable.

**Jerry Dias**  
National President

JD/SS/lhcope343