

Hello,

We are only **10 days away** from our **RSI DAY** event. Please be aware that registration is compulsory to attend this event and you can [Register here for the RSI Day webinar](#)

Date: Thursday, February 29, 2024

Time: 1:00 p.m. ET

There are resources you can use in your workplaces to help you and your fellow workers keep RSIs in mind as you go about your workday. We encourage you to read through the detailed [Fact Sheet on RSIs](#) and make Repetitive Strain Injuries a topic at Local meetings and at the bargaining table.

Read the Fact Sheet and documents on guarding against common RSIs:

- [Unifor RSI Fact Sheet](#)
- [Protecting your back](#)
- [Protecting your hands, wrists and arms](#)
- [Protecting your shoulders](#)
- [Protecting your feet](#)
- [Working on your feet](#)

There are additional resources, including checklists and online courses, at the [Canadian Centre for Occupational Health and Safety](#) (CCOHS) and the [Occupational Health Clinics for Ontario Workers](#) (OHCOW).

Connect with your health and safety activists and plan to [join us](#) on February 29. Together, we can make work safe for all.

