W.R.D.S.B. EDUCATIONAL ASSISTANTS ASSOCIATION

eUpdate

The Latest Information to Keep YOU Informed



February 28th, 2019 - Repetitive Strain Injuries Awareness Day

Every year some **2.3 million Canadian adults are crippled** by repetitive strain injuries (RSIs) or musculoskeletal disorders (MSDs), seriously limiting their daily activities. The majority of these injuries are caused by work-related activity.

In fact, **more than 40 percent of all lost-time injuries** allowed by Ontario's Workplace Safety and Insurance Board (WSIB) are RSIs or MSDs. This is the single largest class of compensation claims in the province. Many more are never reported.

Beyond the **social, emotional and economic costs** to affected individuals are the economic costs to us all, estimated at upwards of $26 billion dollars annually.

To help focus attention on this growing epidemic, communities across Ontario

and around the world have proclaimed the last day of February International RSI Awareness Day.

What can be done?

The majority of RSIs or MSDs are preventable. Critical actions that can be taken include:

- •Report symptoms and hazards early to your principal and complete an HR-05-770 Incident Report Form
- •Insist on quality training to address these issues
- •Press employers to implement ergonomic prevention solutions
- •Encourage governments to enact effective and enforced ergonomic regulations.

Workers are reminded to practice safe lifting and transferring techniques, and take those quick body breaks and stretching exercises throughout the day.

Due to current weather and road conditions, the EAA Town Hall Meeting scheduled for today is cancelled.

Please mark your calendars for the rescheduled date of March 19, 2019. Further details will follow.

Stay safe everyone,
Lisa Weiler Haskins
Health and Safety Officer
Educational Assistants Association

Dates to Remember:

- GENERAL MEETING - February 28
- EAA Award Nominations due - March 1
- Town Hall Meeting - March 19
- EAA PD Day - April 12
- Spring Dinner - April 25

Stay up to date with our calendar

Find all the info you need!

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