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

eUpdate

The Latest Information to Keep YOU Informed



Today is **International RSI 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.

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.

The addition of online educational support to our EA and CYW roles has many of us physically working in a new capacity. Take a look at the ergonomic tip sheet from our friends at Gowan Consulting to help ensure you are working safely.

Many of our members lift, transfer and support students repetitively. It's important that these movements are done safely to avoid injury.

The majority of RSIs or MSDs are preventable. What can you do?:

- Report symptoms and hazards early to your administrator and the EAA Joint and Health and Safety Representative, Lynn Wilson
- **Report work-related MSDs. Fill out the incident report and report to WSIB immediately**
- **Insist on quality training to address these issues**

Reach out to the EAA office if you have any questions or concerns.

Learn More:

Click here to see the RSI Awareness Day fact sheet prepared by the Workers Health and Safety Centre.

Visit the Ontario Ministry of Labour website to learn more about RSIs/MSDs and access helpful resources.

Visit the Occupational Health Clinics for Ontario Workers website for information about occupational disease, injuries and illnesses, and helpful resources.

Tips from Gowan Consulting

Working from Home

How to make remote work work for you



PRODUCTIVITY

- Schedule your day to build structure
- De-clutter your work space
- Create a designated work space
- Get fresh air and sunlight
- Take micro breaks to build focus

KEEPING CONNECTED

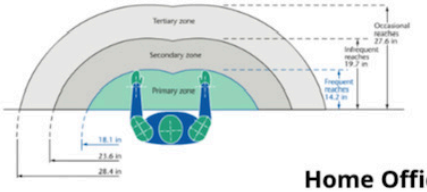
- Check in regularly with coworkers
- Have virtual hangouts with friends & family
- Find a virtual fitness buddy

STAYING ACTIVE

- Build fitness breaks into your routine
- Stand as often as possible
- Be creative: create exercise space in your home & include family in your workouts
- Try short bouts of moderate to high intensity exercise

SAFE SNACKS

- Drink plenty of water
- Eat complex carbohydrates and protein
- Eat mindfully and intuitively



Home Office Ergonomics

- **Light source** - Try to position your screen at right angles to windows OR use window coverings to avoid glare
- **Monitor** - Position monitor directly in front of you, ideally an arm's length away or at a distance that it is easily seen without squinting
- **Reaching** - Keep frequently used items close to avoid reaching OR far enough away that you have to get up to get them
- **Elbows** - Move keyboard and mouse close to the edge of the table or desk to to keep elbows at side

Eye Exercises

1. Near Far Exercise "20/20/20" - Take an eye break by looking into the distance (more than 20 feet) to relax your eye muscles for 20 seconds every 20 minutes
2. Forced Blinking - force yourself to blink three to four times every few minutes
3. Around The World - look up, down, and to each side

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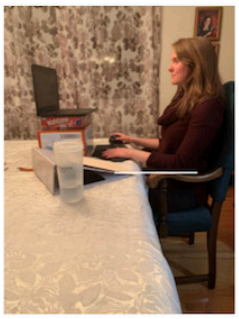
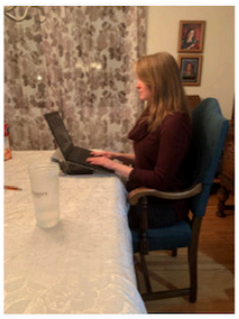
HOME OFFICE ERGONOMIC TIP SHEET





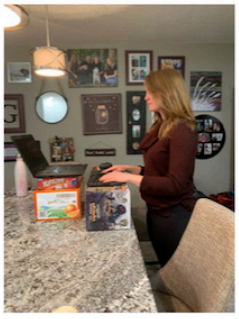


LAPTOP

- Raise your laptop on boxes to eye level
- Use an external keyboard so elbows are at 90 degrees
- Use a binder to place documents on angle
- Keep wrists in neutral position
- If you do not have an external keyboard place the laptop on a 3" binder

COUCH

- Use a pillow with cutting board to place laptop on lap
- Two extra pillows to support forearms
- Keep wrists in neutral position
- Elbows at roughly 90 degrees





Movement is key! Get out of your chair, walk around, and stretch . Set a timer to change positions at least once every half hour.

STANDING

- Raise the laptop to eye level with boxes
- Use an external keyboard and mouse on boxes so your elbows are at 90 degrees
- Use a Footrest to rest one foot on at a time

YOUR CHAIR

- Keep your thighs supported
- Have feet planted on floor or footrest
- Have your arms supported at table height
- Use a rolled towel for lower back support

If you have discomfort contact Gowan Consulting for a virtual home office consultation.

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PREPARED BY GOWAN CONSULTING

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