International RSI Awareness Day is when unions, safety reps and safety campaigners highlight the terrible strain injuries toll. RSI is one of the top workplace health problems.

Stop the pain

Arches and strains should not be part of the job. Tell your union rep if your job is so fast, boring, repetitive, strenuous or badly designed it really is a pain.

Find out more: www.hazards.org/campaigns
If you can't get your employer to put things right, use a Union Inspection Notice: www.hazards.org/notices

Your union rep is:

And can be contacted: