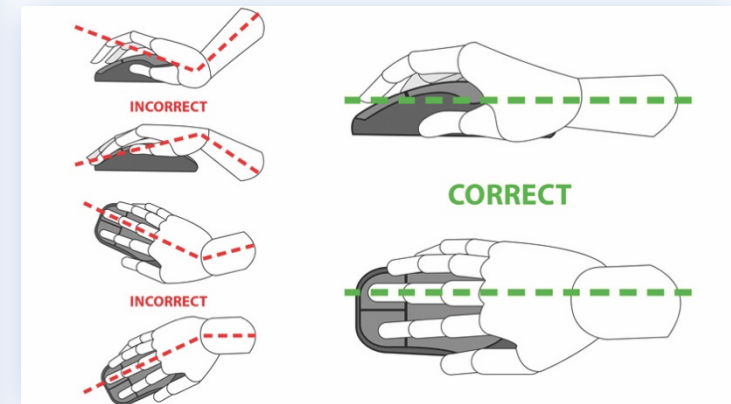
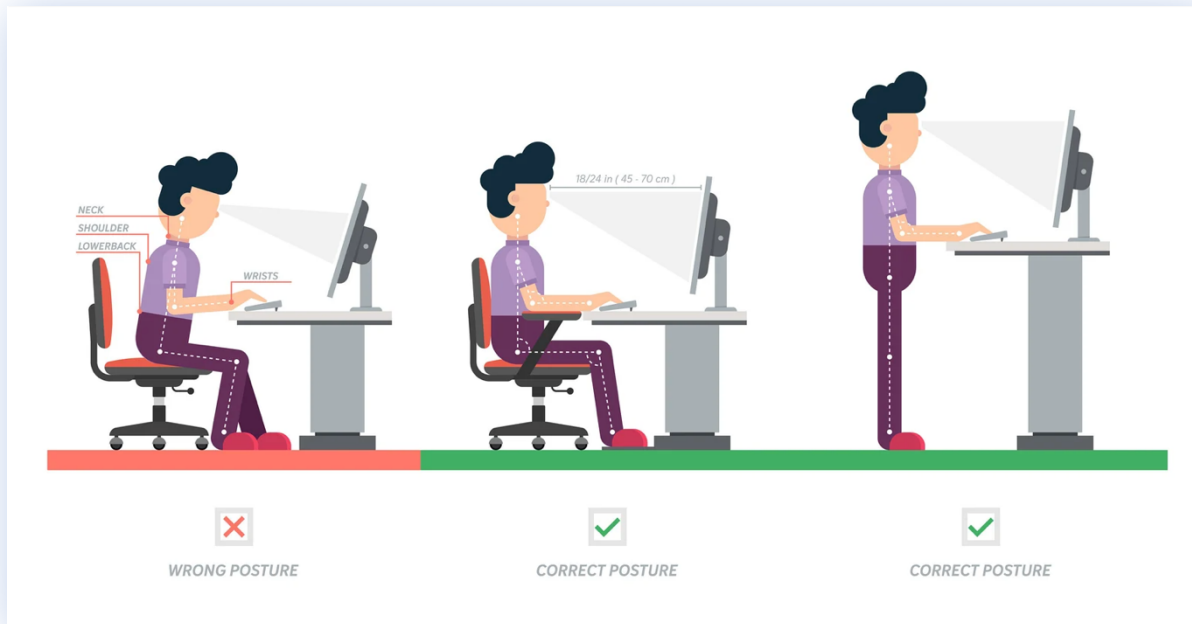


What is

Repetitive Strain Injury?

Repetitive Strain Injuries (RSI) can occur when you perform the same motion over long periods of time, such as typing on a keyboard or using a mouse.

Common injuries include **carpel tunnel syndrome**, **tendonitis**, and **tenosynovitis**



Reduce Your Risk of RSI

- ✓ Use proper posture while at your workstation.
- ✓ Give your fingers and hands regular 1-2 minute “microbreaks” when using a keyboard or mouse.
- ✓ Take a full movement break every hour.