

It is extremely important to reduce the negative impacts of daily work requirements.

In the quest to ensure employees can **work safely** and productively, **Occupational Safety & Health** personnel focus on many elements in the workplace.

One of these elements is prevention of **work-related injuries** and one of the emerging themes for prevention is the proactive search for new solutions.

Costs of Injury

The costs of **repetitive strain injuries** (*CTDs Cumulative Trauma Disorders, MSDs Musculoskeletal Disorders*

, *WRULDs Work Related Upper Limb Disorders, etc*

) in

lost time

, replacement workers, lower productivity and decreased morale make these injuries a focus for **injury prevention**

strategies.

U.S. Bureau of Labor Statistics

In 2007, the average days lost per injury for two prevalent types of **RSI** were 3 and 4 times the average time lost for injuries in general.

Carpal Tunnel Syndrome averaged 28 days of lost time per injury and **Repetitive Motion Injuries** averaged 20 days.

In 2006, it was estimated the direct and indirect costs of work related RSI's amounted to \$61.2 billion.

WSIB Ontario - RSI Claims Facts:

- #1 type of lost-time claims
- 42% of all lost-time claims
- 50% of all lost-time days
- RSI costs hundreds of millions of dollars per year due to absenteeism and lost productivity.

These are strong motivators to prevent workplace injury.

A Solution For Injury Prevention

Many workplace safety and health experts agree that a regular program of stretches and exercises can dramatically reduce the frequency of work related injuries.

PRSI Break is a notification and stretch program specifically designed to prevent and treat injury.

The stretches in the program address the cause of RSI, not only the symptoms.

Stretching with PRSI Break is done regularly throughout the day, not in response to a count of repetitive movements.

Please visit our section [Problem: RSI](#) to read information about [Symptoms of RSI](#) , [RSI Risk Factors](#) and the [Cause of RSI](#)

The PRSI Break Difference

Stretches are not created equal. Our focus is on stretches that work and we know how to design them.

Implementing PRSI Break in your workplace is definitely a case of 'Money Spent is Money Saved'.

The cost of lost time days and replacement staffing, not including time spent training replacements, averages \$12,000 per carpal tunnel injury.

PRSI Break costs \$60 per person and will prevent the development of carpal tunnel syndrome, neck back and shoulder pain and the other specific and non-specific repetitive strain injuries.

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