

Checklist

RSI inspection

This checklist is taken from a UNISON information sheet

1. Does the work involve:

- ✓ awkward movements of hand, wrist, arm or shoulders?
- ✓ rapidly repeated movements?
- ✓ prolonged physical pressure, such as gripping or squeezing?
- ✓ holding an uncomfortable position for a long time?
- ✓ too few breaks to allow muscles to recover?
- ✓ lack of variety of physical tasks?
- ✓ long hours or fast-paced work?

2. Are tools and equipment:

- ✓ too heavy?
- ✓ the wrong shape to be used comfortably?
- ✓ causing problems of vibration or noise?
- ✓ designed for men but used by women?

3. Are workstations and work areas:

- ✓ too high or too low?
- ✓ not adjustable for individual users?
- ✓ noisy or poorly lit?

4. Is training:

- ✓ adequate?
 - ✓ not provided for all employees, especially those who are new to the work?
 - ✓ not provided when there is a change in equipment or methods of working?
 - ✓ provided but not include risks and ways of avoiding RSI?
- #### 5. Are problems:
- ✓ ignored?
 - ✓ not reported to management?
 - ✓ not reported in writing (preferably in the accident book)?

Depending on the problem areas you have identified, the following measures will help to prevent RSI:

- ✓ redesign equipment and/or tools
- ✓ change the way the work is done
- ✓ redesign work area or work station
- ✓ reduce the pace of work
- ✓ introduce rest breaks and more variety of tasks, and/or
- ✓ training to include risks and safer methods of work

The full UNISON information sheet on RSI can be found at www.unison.org.uk/safety/doc_view.asp?did=179