

REPETITIVE STRAIN INJURIES*

Repetitive strain injuries* (RSI) are common work related injuries*.

An employee with RSI can experience pain in the muscles, nerves and/or joints. This can be debilitating and can result in significant sick leave from work or an employee having to consider an alternative career.

The cause of RSI at work can be overuse of the limb, no job rotation, having to adopt poor postures to do work, a lack of training, excessive speed of production lines and/or demanding targets. This is not an exhaustive list and are merely examples.

If employees have suffered RSI because of negligence on behalf of the employer or an unsafe work practice, you can bring a personal injuries claim* for compensation for the injury*, out of pocket expenses and any loss of wages.

However, prevention of injuries* at work is preferable. To prevent RSI, ensure employees take breaks, have a variety of work and are properly trained for the task at hand. A risk assessment will also identify any hazards in the workplace.



***Before acting or refraining from acting on anything in this guide, legal advice should be sought from a solicitor.**

****In contentious cases, a solicitor may not charge fees or expenses as a portion or percentage of any award of settlement.**