

RSI – What It Is And How To Avoid It

Course length: 1 hour*

Course Code: 103080BT019

This course will help you carry out your job in a way that reduces your risk of Repetitive Strain Injury.

Benefits for the Learner

In the modern computer age, when we spend several hours each working day operating a PC or laptop, painful and debilitating Repetitive Strain Injuries are increasingly common. They may leave you unable to do certain jobs or even incapable of working at all.

This course gives you vital information to help you understand the causes of RSI, and the ways you can reduce or remove the risk factors from your workplace.

Benefits for the Business

The effects of Repetitive Strain Injuries pose a real challenge to businesses today. Long-term sickness, the costs of staff cover and the loss of staff with key knowledge and skills are all real and present dangers. Add to these the possibility of legal action taken by RSI sufferers against employers who have failed to take appropriate steps to remove or reduce the risk, and you can see why it is in the best interests of your business to take the problem seriously.

Enrolling your staff on this course is an important first step in raising their awareness of the risks of RSI and the ways in which they can avoid it.

What Does the Course Cover?

- What is RSI?
- What are the causes of RSI?
- What are the symptoms of RSI?
- How to prevent RSI
- Desk-Top Stretches – a set of on-screen animated exercises designed to reduce the risk of RSI

How Long Does the Course Take?

You can work through this course at your own pace. It should take you around 1 hour to complete.

*Courses are accessible for six months from the date of purchase.