

# Unifor Local 25

## Repetitive Strain Injury

February 28th was the international Repetitive Strain Injury awareness day and Local 25 wishes to encourage people to participate in the Unifor survey (link below). These surveys help the national union get an understanding of what is happening in our workplaces and work should not cause you pain.

Small pain can lead to bigger problems and as our workplace becomes more sedentary, repetitive or simply not conducive to proper human movement, its important the issue gets tackled sooner than later to prevent long term and potentially debilitating injuries down the road.

We encourage everyone to consider getting an ergonomic assessment. For assistance contact our Health and Safety co chair: [lenny.nembhard@unifor25.com](mailto:lenny.nembhard@unifor25.com)

Unifor survey: <http://www.unifor.org/en/repetitive-strain-injuries-questionnaire>  
(please cut and paste into a browser)

### Contact Information

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