

Training to Combat RSI (Repetitive Strain Injury)

Category: Health & Safety

Course Details

Location: This course can be held as a closed course at our training centre in Merseyside or it can be held at any offices throughout the UK, Europe or America or Online.

Duration: 2 Hour session - delivered Classroom or Online.

What is RSI?

RSI (Repetitive Strain Injury) is caused by repeated overuse and injury to the muscles of the hands, wrists, arms or shoulders. Anyone whose job or hobby involves repetitive movements is at risk of repetitive strain injury (RSI). [Source Dr Rob Hicks, The BBC Health website]

Symptoms can be painful and cause great discomfort, whilst treatment can take a long time to be effective. The irony is that RSI is easy to prevent, but very hard to treat.

Who is at risk of experiencing RSI?

RSI affects many people in many professions including hairdressers, production line workers and stage performers (RSI.org.uk). However, one group of people who are at extremely high risk of experiencing RSI are computer users.

Our Philosophy

Currently in the UK it is the employer's legal obligation to attempt to prevent RSI by carrying out workstation assessments for all computer users. However, at SquareOne we want to take the prevention of RSI one step further by training your employees to use computer equipment in a way which will reduce their risk of developing RSI as well as making them more efficient by reducing the time spent completing repetitive tasks.

Combat RSI

- The SquareOne Training to Combat RSI course is therefore directly targeted at computer users throughout the UK and Europe.
- We teach how to avoid using the mouse as much as possible by using keyboard shortcuts to perform both simple and complex tasks

- Teach you many Microsoft shortcuts and tips
- Reduce the number of clicks on the mouse
- Prevent repetitive keystrokes by using autotext, autocorrect and predictive text
- Reduce scrolling by fitting more information on the screen.

This course complements your Ergonomics safety courses.

BOOKING

To discuss course contents and booking arrangements, please call SquareOne on:

T: +44 (0)151 650 6907

E: enquiries@squareonetraining.com