



HEALTH AND SAFETY BULLETIN

February 2026!

We've likely all been there—got a crick in the neck, had dry, tired eyes after being in front of a screen for hours on end, an achy back after sitting for hours, or slipped and felt a twinge somewhere.

This month's issue looks at how early reporting of minor injuries can keep workers healthy while helping to prevent more serious injuries and potentially costly (and avoidable) WCB claims.

In This Issue

- Repetitive Strain Injuries (RSIs)
- First Aid & Incident Reporting

Observances/Awareness:

Month: [Age-Related Macular Degeneration](#), [Black History](#), [CTE](#), [Fairbruary](#), [Psychology](#), [Heart Health](#), [Turner Syndrome](#)

Days/Weeks:

[Eating Disorders Awareness Week](#): 1-7
[Feeding Tube Awareness Week](#): 1-7
[World Wetlands & Groundhog Day](#): 2
[Sweater & World Cancer Day](#): 4
[End Female Genital Mutilation Day](#): 6
[Congenital Heart Disease Week](#): 7-14
[SexPlus Week](#): 8-14
[World Pulses Day](#): 10
[Wear Red Day](#): 13
[Book Giving & Valentine's Day](#): 14
[Childhood Cancer Day](#): 15
[Family Day \(STAT\)](#): 16
[Shrove/Pancake Tuesday](#): 17
[Lunar New Year](#): 17
[Ash Wednesday](#): 18
[Start of Ramadan](#): 18 (tentative)
[Pink Shirt Day](#): 26
[RSI & Rare Disease Day](#): 28





Image source

Repetitive Strain Injuries

Repetitive Strain Injuries (RSI) are a type of [Musculoskeletal Disorder \(MSD\)](#) which may occur when tasks are performed with the same muscle groups repeatedly without sufficient time for recovery. While [R.I.C.E.](#) and OTC painkillers may help relieve the symptoms, finding and treating the cause is key to preventing further pain and permanent damage.

Know the Risks (physical and ergonomic factors):

- Repetitive motions
- Awkward positioning
- Duration of activity
- Static postures (not moving)
- Contact stress
- Force
- Magnitude

Recognize the Symptoms:

- Swelling
- Redness
- Numbness or tingling
- Stiffness and/or difficulty moving
- Pain
- Weakness
- Muscle tightness

Prevention:

- Identify the cause of the injury
- Use/adjust ergonomic features of tools and equipment
- Maintain a neutral postures when possible
- Alternate/vary tasks where appropriate
- Do not remain sedentary, or [sitting](#), for extended periods
- Take micro-breaks every 30-60mins for [reverse stretches](#)
- Ensure sufficient work-recovery cycles (rest breaks, days off) are in place
- Pay attention to your body, activities at work and home, nutrition, and exercise to help [prevent RSI](#).

Report:

- Early detection is key to recovery and reducing the risk of injury as well as preventing it all together.
- Talk to your supervisor if you begin to or are experiencing symptoms of RSI to create a mitigation plan.
- Use the incident report form in SiteDocs to report injuries

QUESTION!

RAE Staff who answer correctly will be entered in a prize draw!
 Email responses to raesafety@raeengineering.ca by 8am Friday 27 February 2026, the winner will be announced that day.

First Aid & Incident Reporting

“It’s not a big deal” you might think after taking a spill in an icy parking lot. Your ankle hurts, but you try and walk it off, continuing your work day without reporting the incident. You go on with your week—household chores, play with your kids, rec sports games, etc., but your ankle is getting worse.

- A minor injury, which could have resolved with First Aid assessment and treatment, has been exacerbated and is now a more serious injury with longer recovery time.

What should you Report?

- Injuries (sprains, bruises, cuts and scrapes, debris in eye) and illnesses (please don’t spread germs!)
- Hazardous conditions where there’s a potential for harm (such as icy parking lots)
- Near misses (slip but no fall, falling ice miss, etc.)
- Damage to property or the environment

When should you Report?

- As soon as possible. With SiteDocs, incident reporting is at your finger tips.

Why should you Report?

- It’s the law! Under OHS, have a duty to report illness or injury as soon as possible, even if it seems minor.
- Reporting helps identify risks and avoid similar or more serious incidents
- If it’s not reported, it’s more likely to keep happening.



Image source

Informative Links

- [10 Best Stretches for Office Workers](#)
- [Addressing and preventing RSIs in the workplace](#)
- [SiteDocs](#)
- [RAE HSE Manual](#)
 - ⇒S.1 Health and Safety Policy
 - ⇒S.2 Hazard Assessment
 - ⇒S.3 Incident and Investigation
 - ⇒S.8 First Aid
 - ⇒S.9 Ergonomics

True or False

Staff are required to report ALL incidents, even if there was no serious injury or damage.