



Simply Dazzle
Making your premises sparkle

RSI

Repetitive Strain Injury is a general term used for when muscles, nerves and tendons are feeling painful due to repetitive or overuse.

To help avoid such complaints it is suggested the following steps are taken.

Frequent Resting of joints

Simply Dazzle suggests that regular changing of the hand which is doing the work should occur during cleaning. We also suggest that changing the task frequently also helps, such as changing from dusting to sweeping. We offer team members to rest when required and choose easier tasks over more strenuous ones. We also recommend that team members take regular ten second breaks every few minutes, to relax and straighten up the body.

Body Stance

Simply Dazzle suggests that it is important that the correct body posture should be maintained as often as possible, such as the arms hanging loose by the waist side, not over stretching/ bending back for long periods of time (keep time as short as possible), following manual handling guidelines.

It is also suggested that stretching your hands/arms/wrists, whilst taking some time to stand straight also purposely and stretch out lower limbs frequently. This will obviously be dependent upon each team member's own medical/ physical health conditions.

Equipment

Simply Dazzle aim to ensure that the processes are as safe as possible, we believe our team's input to be vital. If you require or believe certain aids to conduct certain tasks, or processes need to change, or that that you may require to be taken off certain tasks due to medical/ physical reasoning, please do contact the management to discuss immediately, as we will seek to support.

A. Nathan

16th May 2021

Reviewed 19th January 2024 *A. Nathan*

Updated from previous risk assessments.