

# Office Training to Combat RSI (Repetitive Strain Injury)

**Category:** Health & Safety, Training to Combat RSI

## 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.

## About SquareOne

SquareOne is among the UK's leading providers of IT training to businesses of all shapes and sizes. Our company pledge is to deliver inspiring, motivational and cost effective training which brings about tangible improvements in productivity. Through our training solutions, individuals are able to gain lifelong skills and realise their full potential while clients achieve their corporate goals.

## Course Objectives

This seminar is ideal for companies who have a strong safety ethic and are keen to invest in the safety of their staff through ergonomics. By attending this course delegates will

- Understand that repetitive movements contribute to the risk of RSI
- Learn to use tools and techniques which reduce repetitive movements when using a computer
- Be more efficient in the workplace

By hosting an RSI seminar your company will not only seek to reduce the menace of RSI but also provide staff with lifelong skills which will have lifelong benefits.

## 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.

**Duration:** Minimum 2 Hours duration. This course can be delivered as classroom training, web training, a seminar, lunch and learn session, workshop or walkabout training.

**Timings:** Customised to meet your needs

## Course Dates

[View our full course schedule here.](#)

## Training Locations

This training is delivered as a closed course at your company's premises or at our training centre in Merseyside. We can provide a mobile IT classroom at any UK or European location, so no matter where you are based, SquareOne can come to you. We frequently deliver training in Liverpool, Wirral, Blackpool, Manchester, London, Chester, Warrington, Leeds, Cardiff, Birmingham, Edinburgh, Bristol, Sheffield, Glasgow, Leatherhead and Aberdeen as well as in European countries such as France, Switzerland, Germany, Sweden, Norway and Ireland.

## BOOKING

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

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