



RSI Day 2024 – Summary, Feedback and Evaluations

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Summary

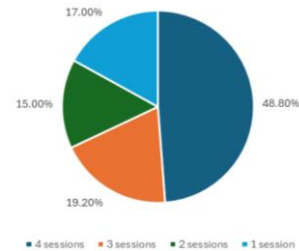
The phrase RSI is a ubiquitous term used to describe an ache or pain located anywhere in the body. Hence “RSI Day” tends to draw focus towards upper limb disorders only, especially those related to computer work. RSIs (also known as Cumulative Trauma Disorders and Musculoskeletal Disorders) are but a portion of the occupational health domain.

The event this year was the most successful RSI Day event that the Occupational Health Clinics for Ontario Workers (OHCOW) has hosted in the event’s 25-year history. Since 2021, the RSI Day webinar has been altered from a full one-day event into a four- week 2-hour webinar series for the entire month of February. Each week consisted of a different theme to address multiple issues relating to Ergonomics and musculoskeletal disorders.

Attendance/Registration

Registration for the session combined was greater than any previous year. The total registration for all four sessions combined was 4,287 (with duplications removed) with:

# Sessions Registered	Percentage
4 sessions	48.8%
3 sessions	19.2%
2 sessions	15.0%
1 session	17.0%



Percentage of registrants attending multiple sessions.

Due to factors such as time differences, and scheduling many of the registrants are unable to attend the sessions live, and instead wait for notification that the session recordings have been uploaded to the OHCOW YouTube channel.

Session	# Registered	Attended Live	YouTube Views*	Total Attended/Viewed	% Registrants Attended/Viewed
Week 1	948	637	182	819	86.4%
Week 2	1290	822	331	1153	89.4%
Week 3	986	543	150	693	70.3%
Week 4	1063	526	86	612	57.6%

Percentage of Live Attendees and YouTube views.

*average youtube views of as March 9, 2024

# Sessions Registered	Percentage
4 sessions	48.8%
3 sessions	19.2%
2 sessions	15.0%
1 session	17.0%

Percentage of registrants attending multiple sessions.

After filtering the 4,287 registrants for attending multiple sessions, there was a total of 1849 unique registrants from 53 different countries.

The 1849 unique registrants were located across the globe and the breakdown is as follows:

Location	Percentage	Total Percentage
Ontario (Main Stakeholder)	51.97%	51.97%
Remainder from Canada	18.88%	70.85%
United States of America (35 States)	8.82%	79.66%
India	4.00%	83.67%
South Africa	3.03%	86.70%
Indonesia	1.30%	87.99%
Mexico	0.97%	88.97%
Australia	0.92%	89.89%
England	0.92%	90.81%
Israel	0.87%	91.67%
Remaining countries included:		100%
<ul style="list-style-type: none"> •Afghanistan •Argentina •Belgium •Bhutan •Bosnia •Botswana •Brazil •Brunei •China •Czech Republic •Ecuador •Egypt •Estonia •Finland •Germany •Greece •Hungary •Ireland •Italy •Jamaica •Japan •Lithuania •Luxembourg •Malaysia •Namibia •Netherlands •New Zealand •Nigeria •Oman •Philippines •Portugal •Saudi Arabia •Scotland •Singapore •Slovakia •SPAIN •Sweden •Switzerland •Thailand •Trinidad & Tobago •Uganda •Venezuela •Vietnam •Zimbabwe 		

Registrants by country



Areas in red denote Countries, States and Provinces where participants were located.

OHCOW's governing body, the Ministry of Labour, Immigration, Training and Skills Development has requested that any educational session held to gather specific demographic information about the attendees to gain greater insight into the ever-evolving nature of the stakeholders attending such sessions.

What is your current age?

15 - 24	6%
25 - 54	67%
55 and over	21%
Prefer not to answer	7%

n = 1849

What is your gender identity?

Female	65%
Male	29%
Non-binary (includes Two-spirit)	0.32%
Other	0.11%
Prefer not to answer	5%

n = 1849

What is your ethnicity/race?

Caucasian	57%
South Asian (e.g. East Indian, Pakistani, Sri Lankan)	7%
Black	5%
Chinese	4%
Latin American	4%
Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai)	2%
Indigenous	1%
Filipino	1%
Arab	1%
West Asian (e.g., Iranian, Afghan)	1%
Korean	0.49%
Japanese	0.27%
Other	6%
Prefer not to answer	12%

n = 1849

What is your primary language?

English	86%
Other	5%
French	3%
Spanish	2%
Tamil	2%
Portuguese	1%
Yue (Cantonese)	0.49%
Mandarin	0.27%
Arabic	0.27%
Urdu	0.22%
Tagalog (Pilipino, Filipino)	0.22%
Gujarati	0.16%
Italian	0.16%
Punjabi (Panjabi)	0.11%
Iranian Persian	0.05%
Korean	0.05%

n = 1849

In which industry are you employed?

62 - Health care and social assistance	26.99%
54 - Professional, scientific and technical services	11.74%
31-33 - Manufacturing	10.71%
61 - Educational services	9.25%
91 – Public administration	7.14%
81 – Other services (except public administration)	6.6%
21 - Mining, quarrying, and oil and gas extraction	4.49%
23 – Construction	3.95%
48-49 - Transportation and warehousing	1.89%
52 - Finance and insurance	1.78%
11 - Agriculture, forestry, fishing and hunting	1.68%
22 - Utilities	1.68%
44-45 - Retail trade	1.57%
56 - Administrative and support, waste management and remediation service	0.54%
55 - Management of companies and enterprises	0.49%
51 - Information and cultural industries	0.38%
53 - Real estate and rental and leasing	0.32%
72 - Accommodation and food services	0.32%
71 - Arts, entertainment and recreation	0.11%
41 - Wholesale trade	0.05%
Prefer not to answer	6.98%
I don't know	1.35%

n = 1849

How many people are employed at your workplace?

1 - 19	18%
20 - 49	7%
More than 50	76%

n = 1849

What is your occupation?

Field	Number	Specific Occupation
Health and Safety	561	Environmental, Health, Wellness and Safety Specialist/Consultant (487), Environmental, Health, Wellness and Safety Specialist - Director/Manager (74)
Occupational Health	353	Ergonomist (222), Occupational/Industrial Hygienist (89), Kinesiologist (42)
Medical	319	Physio/Occupational Therapist (127), Nurse (126), Doctor (53), Pharmacist (9), Paramedic (2), Chiropractor (2)
Joint Health and Safety Committee Representative	161	Worker (105), Management (55)
Education/Research	153	Professor/Researcher (54), Student (79), Teacher (19), Epidemiologist (1)
Compensation	99	Case Manager (44), Data Analyst (8), Policy Advisor (3), Return to Work (41), Senior Advisor (1)
Miscellaneous	87	Human Resources (38), Engineer (22), Retired (6), Social Worker (4), Interior Designer (4), Injured Worker (4), Accountant (3), Software Developer (3), Technical Writer (2), Architect (1)
Legal	67	Worker Advocate (52), Employer Advocate (6), Lawyer (9)
Government	21	Public Health Nurse/Inspector (13), MLITSD Inspector (8)
Prefer Not to Answer	28	
	1849	

RSI Day 2024 Sessions

The speakers and their topics for each week were:

Session 1: Focus on Workers: 25 Year History & Opioid Harm Reduction	
Trevor Schell OHCOW Ergonomist	RSI Day 2024 Introduction
Catherine Fenech RSI Day Founder	The History of RSI Day
Carmine Tiano Director of Occupational Services Building and Construction Trades Council of Ontario	Chronic Musculoskeletal Pain and Opioid Misuse
Jeavana Sritharan Occupational Cancer Research Centre (OCRC)	Opioid-Related Harms Among Ontario Workers
Nancy Carnide Institute for Work and Health (IWH)	

Session 2: Clinical Lessons on Key Musculoskeletal Disorders	
Trevor Schell OHCOW Ergonomist	Plantar Fasciitis
Pravesh Jugnundan OHCOW Physician	
Xinming Li (Sherry Li) Assistant Professor, University of Alberta	Improved and Systematic Physical Demand Analysis in the Workplace
Daryl Stephenson OHCOW Ergonomist Michael Pysklywec OHCOW Physician	Epicondylitis

Session 3: Cost/Benefit: Understanding Financial & Psychosocial Harm	
Rick Goggins Ergonomist, Washington State Department of Labor and Industries	Ergonomics Intervention Cost-Benefit Calculator
Jacklyn Kurt CRE MSD, University of Waterloo	Ontario's Cost Calculator and Related Resources
John Oudyk OHCOW Occupational Hygienist	Measuring Workplace Stress Among RSI Day Participants

Session 4: Knowledge@OHCOW: Products & Tools for Workers & Workplaces	
Trevor Schell OHCOW Ergonomist	
Dr. Joel Moody Chief Prevention Officer and Assistant Deputy Minister at Ontario Ministry of Labour, Immigration, Training and Skills Development	Introduction and Keynote
Trevor Schell OHCOW Ergonomist	Revised and Updated Office Ergo Calculator, Anthropometric Calculator, Keyboard Short Cut Tutorial, and Cold Stress Calculator
Melissa Statham OHCOW Ergonomist	
Dwayne Fuchs OHCOW Ergonomist	Office Ergonomics Learning Modules
Andrew Flanagan OHCOW Ergonomist	Introducing JobAssess, a New Job Demands Analysis Tool

***Available presentations hyperlinked to OHCOW's YouTube channel**

RSI Day 2024 Evaluation

During the live sessions, [Slido](#) was used to conduct an evaluation for each session in real time. In addition, to ensure we were gathering all possible responses, registrants were also email emailed a link to the evaluation if they were unable to attend live and were viewing the session on OHCOWs YouTube channel. Overall, Slido had a 45.2% response rate when averaged across the four sessions compared to the previous year (58.6% response rate).

The Slido evaluation was administered in two sections with a pre-evaluation administered at the start of the event, and a post evaluation administered. One trend that was noticed across the four sessions this year with respect to the response to [Slido](#), was that there was an average reduction of responses between the pre and post

evaluations by 16.6% despite the vast majority of the attendees still being in attendance. Possible reasons could be:

Possible Issue	Measure to Address
Time that evaluation was displayed on the screen	<ul style="list-style-type: none"> Initially the evaluation was displayed in the last five minutes of the final sessions. Over the following sessions, the post evaluation was reposted in the last five minutes of the final session, prior to the question period, and at the end of the question period.
People minimizing evaluation <ul style="list-style-type: none"> If people minimized Slido especially in the last five minutes of the evaluation due to wanting to see the full screen 	<ul style="list-style-type: none"> Evaluation was reposted as above so it would reopen
People unfamiliar with Slido If they did minimize the window they may not of know how to reopen it	<ul style="list-style-type: none"> Evaluation was reposted as above so it would reopen
People forgot about evaluation if minimized or ignored the prompt when first posted	<ul style="list-style-type: none"> Evaluation was reposted as above so it would reopen Participants were informed of the evaluation at the start of the event and again before the beginning of the question period Evaluation was emailed to participants along with notification hat the recording of session was uploaded to YouTube

Possible issues affecting response pre and post survey.

Unfortunately, despite the above measures to address the reduction in responses between the pre and post survey (with the exception of email the evaluation), the decrease between pre and post continued over the four sessions.

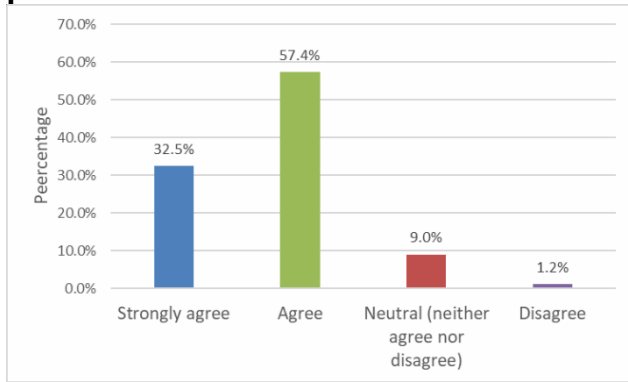
	Pre	Post	% Decrease
Week 1	54.1%	37.6%	30.5%
Week 2	51.3%	35.8%	30.2%
Week 3	35.8%	33.8%	5.7%
Week 4	39.4%	39.4%	0.0%

Comparison of response rates between pre and post evaluation.

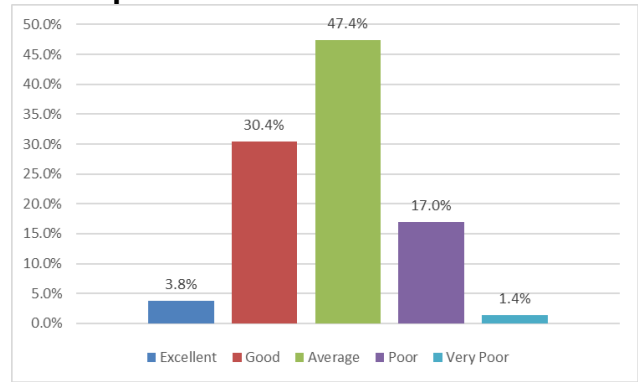
Weekly, registrants were notified via email that the recording of the previous session was now available on the OHCOW YouTube channel. The e-mail also included a link to the same evaluation questions that were provided during the live session for those who were viewing the recordings. These results were combined with the Slido surveys.

RSI Day 2024 Evaluation – Week 1

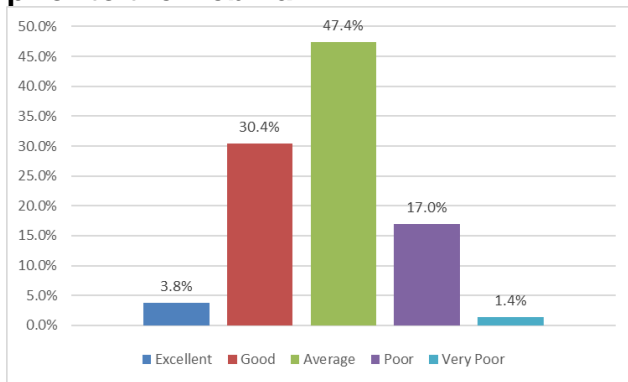
Please rate your knowledge of Chronic Musculoskeletal Pain and Opioid Misuse prior to the webinar.



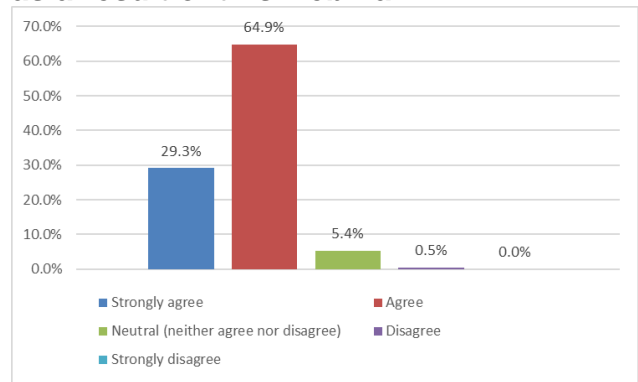
My knowledge of Chronic Musculoskeletal Pain and Opioid Misuse has improved as a result of this webinar.



Please rate your knowledge of Opioid-Related Harms Among Ontario Workers prior to the webinar.

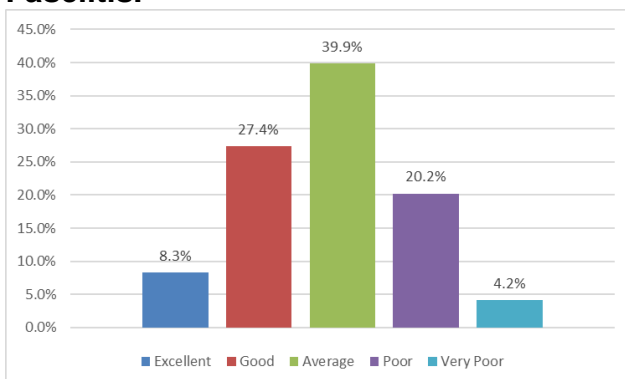


My knowledge of Opioid-Related Harms Among Ontario Workers has improved as a result of this webinar.

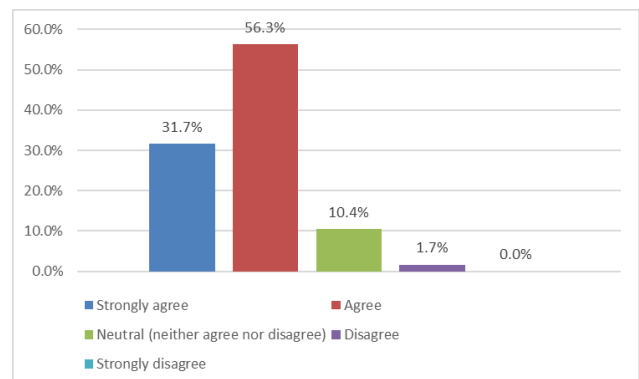


RSI Day 2024 Evaluation – Week 2

Prior to the webinar, please rate your knowledge of Plantar Fasciitis.



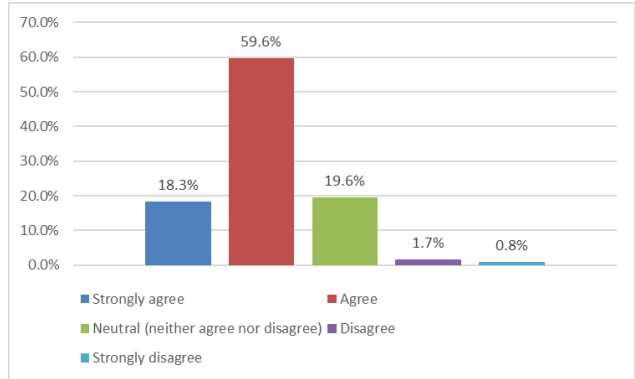
My knowledge of Plantar Fasciitis has improved as a result of this webinar.



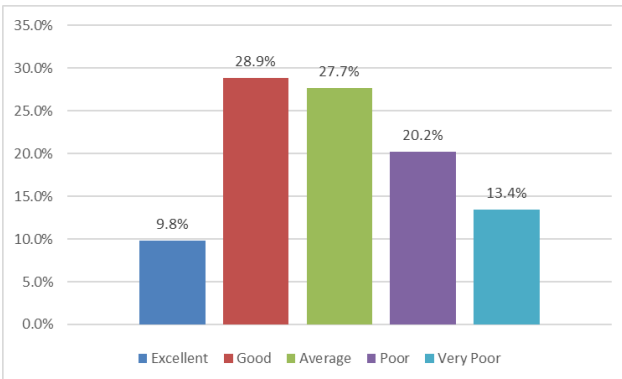
Prior to the webinar, please rate your knowledge of Improved and Systemic Physical Demand Analysis in the Workplace.



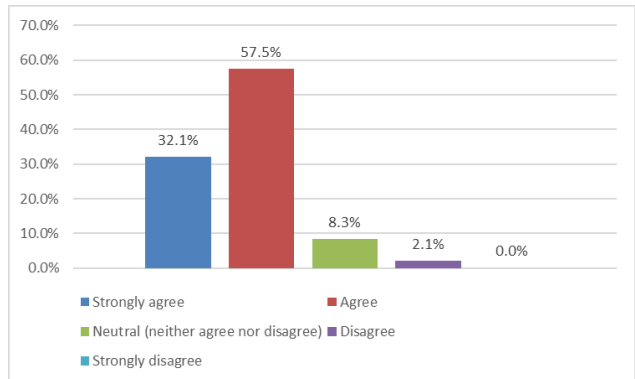
My knowledge of Improved Systemic Physical Demand Analysis in the Workplace has improved as a result of this webinar.



Prior to the webinar, please rate your knowledge of Epicondylitis.

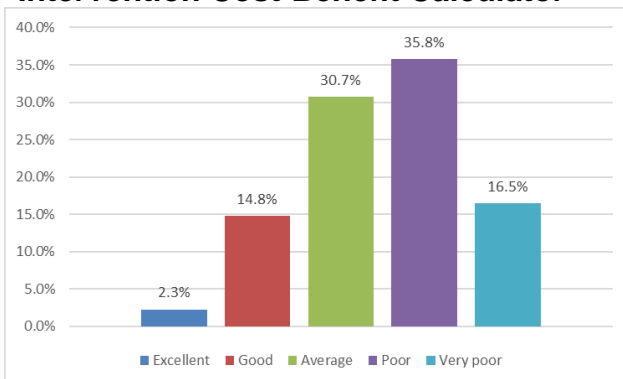


My knowledge of Epicondylitis has improved as a result of this webinar.

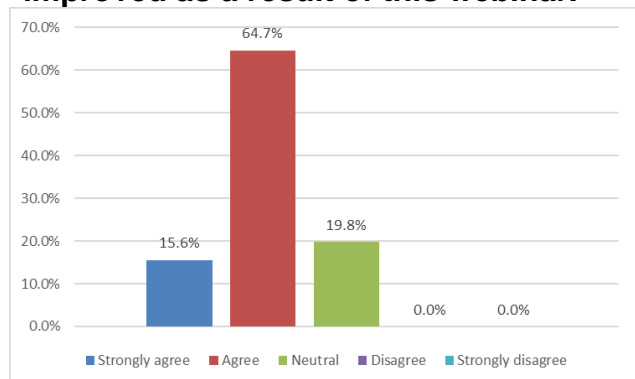


RSI Day 2024 Evaluation – Week 3

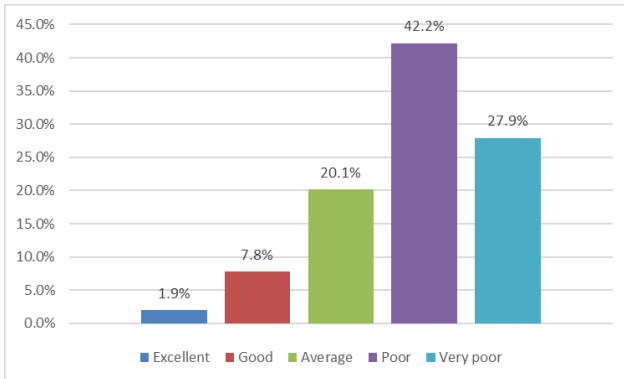
Prior to the webinar, please rate your knowledge of the Ergonomics Intervention Cost-Benefit Calculator



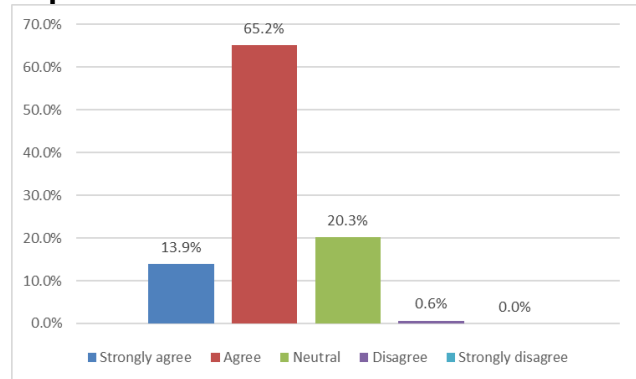
My knowledge of the Ergonomics Intervention Cost-Benefit Calculator has improved as a result of this webinar.



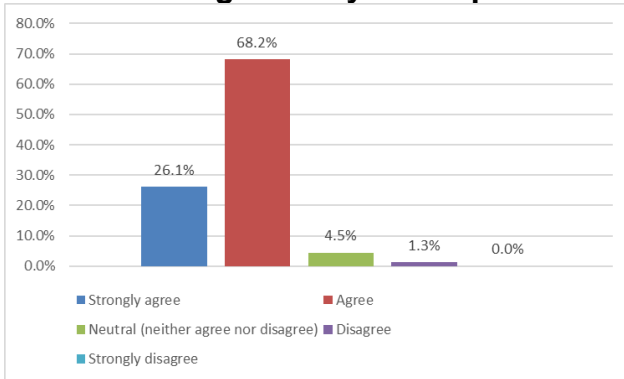
Prior to the webinar, please rate your knowledge of Ontario's Cost Calculator and Related Resources.



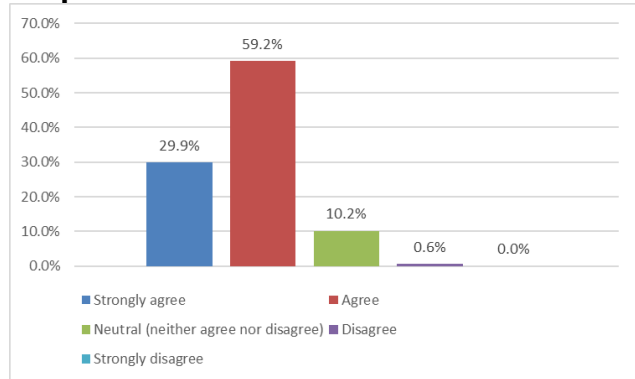
My knowledge of Ontario's Cost Calculator and Related Resources has improved as a result of this webinar.



Prior to the webinar, please rate your knowledge of Measuring Workplace Stress Among RSI Day Participants.

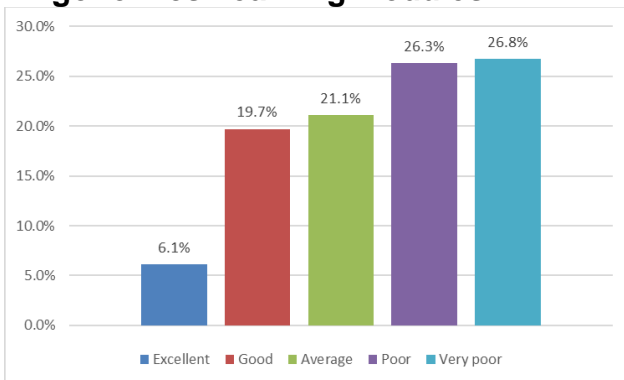


My knowledge of Measuring Workplace Stress Among RSI Day Participants has improved as a result of this webinar.

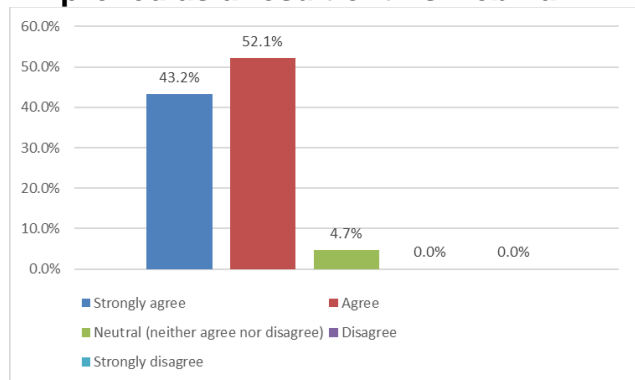


RSI Day 2024 Evaluation – Week 4

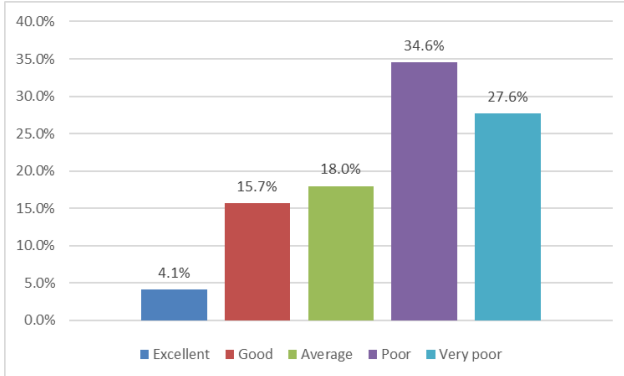
Prior to the webinar, please rate your knowledge of OHCOW's Office Ergonomics Learning Modules.



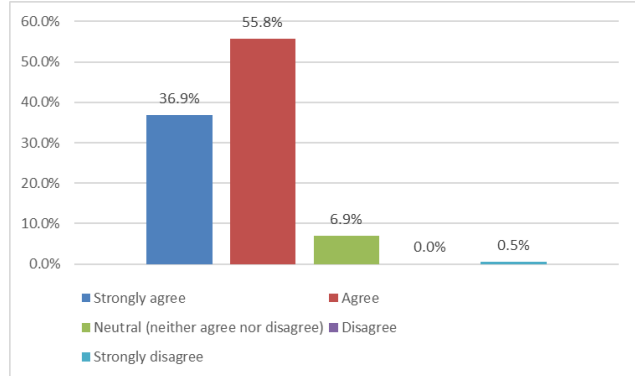
My knowledge of OHCOW's Office Ergonomics Learning Modules has improved as a result of this webinar.



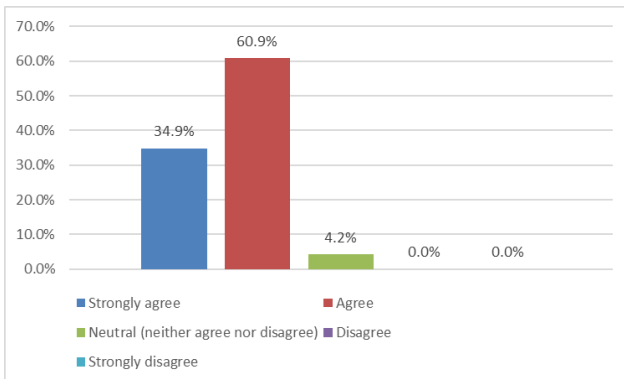
Prior to the webinar, please rate your knowledge of OHCOW's Revised and Updated Office Ergo Calculator, Anthropometric Calculator, Keyboard Short Cut Tutorial, and Cold Stress Calculator.



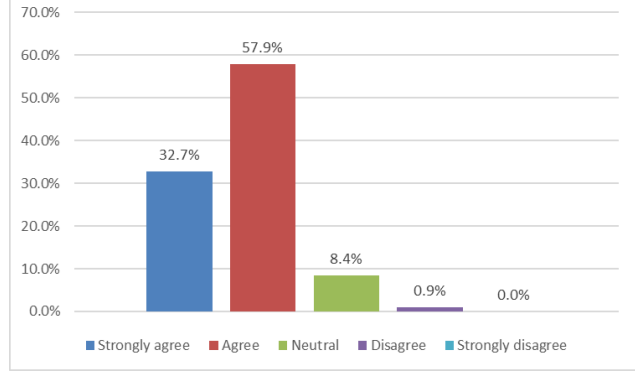
My knowledge of OHCOW's Revised and Updated Office Ergo Calculator, Anthropometric Calculator, Keyboard Short Cut Tutorial, and Cold Stress Calculator has improved as a result of this webinar.



Prior to the webinar, please rate your knowledge of OHCOW's JobAssess, a New Job Demands Analysis Tool.

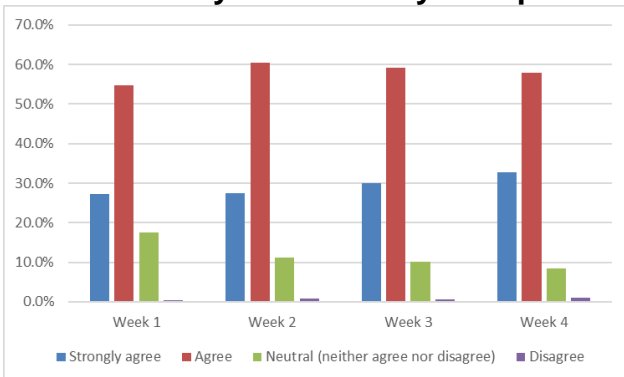


My knowledge of OHCOW's JobAssess, a New Job Demands Analysis Tool has improved as a result of this webinar.

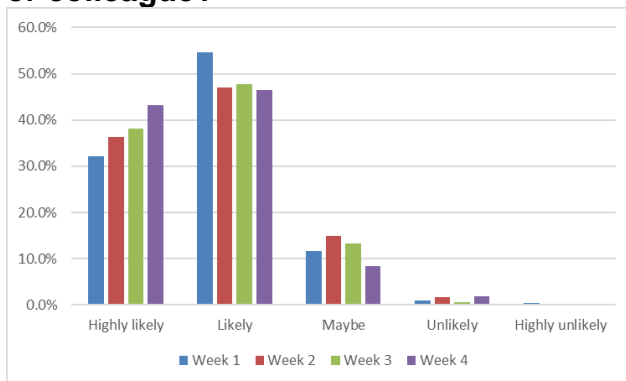


RSI Day 2024 Evaluation Combined

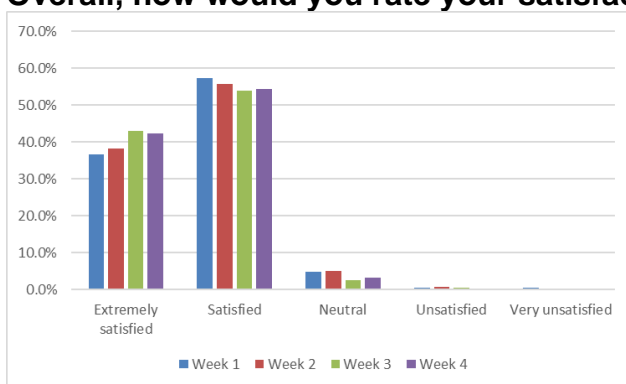
The speakers provided practical information that I can apply to improve my personal health & safety or that of my workplace.



How likely would you be to share the information from this session with a co-worker or colleague?



Overall, how would you rate your satisfaction with the webinar?



Sample RSI Day 2024 Comments

“Amazing presentations. Looking forward to the RSI Day 2025.”

“Both sessions attended were excellent and provided helpful information for day to day work in my position.”

“Great series and amazing resources. I am currently completing my applied certificate in Ergonomics and this provided great information for me to take back to work on my practicum. Thank you very much!”

“I've learned a lot during all webinars!”

“Love this conference - thank you!”

“Thank you very much for the free training. I found them all interesting and informative, with practical advice and suggestions.”

“The recorded Youtube sessions are great and accessible.”

“
Topics presented were relevant and very practical”

RSI Day 2024 – Future Webinar Suggestions

As we prepare for next year, the 25 Annual event, attendees were asked for suggestions for future topics that would interest them. Some of the suggestions have been topics of recent OHCOW webinars or are not within our mandate.

Carpal Tunnel Syndrome
Ergonomics integration into large organizations particularly industrial ergonomics
HAV, and whole-body vibration studies
How to modify workstation set up / personal strategies for those with different eye conditions, e.g. dry eyes, progressives, trifocals, cloudy lenses that aren't bad enough for cataract surgery .
How to modify workstation set up/equipment choices / personal strategies for those with specific back issues, e.g. loss of neck curve, rolled-forward mousing shoulder socket, forward chin different prescription lenses.
Lower back
Mental Health and Addiction. Neurodiversity in the workplace
More in-depth information on Ergonomic Risk Assessment and Physical Demands Analysis.
More on psycho-social and MSDs
MSK injuries in long term care, prevention strategies, and best practice.
Psychosocial Hazards
Repetitive shoulder and arm injuries / types of / management in the workplace
Return to Work job matching
Return to Work Rehab
Shoulder
thoracic outlet syndrome
What to look for / consider to select better chairs for leg vascular issues.
What to look for in foot rests for adult workers that won't distract coworkers (active/not; hammock, rockers, sling ...) & where to find Cdn products.
Working posture and ergonomic checklist
Would like to see a session on RSIs in healthcare or around patient handling; also the use and benefits of exoskeletons for RSI injuries
Wrist and hand

A needs assessment was conducted 2021 of stakeholders possible KT and/or tool development not listed above were:

- Videos, posters, on MSDs and industry prevention, ergo risk factors
- Force guideline calculator for various types of forces (i.e. finger push, thumb push, pinch, power grip, one hand push from various positions, lateral push/pull, two handed push/pull from various positions, pull/pull vertical from various positions) all accounting for frequencies and percentiles.