

Simply Dazzle

Repetitive Strain Injury (RSI) Policy

Date of Assessment: 7th July 2025

Assessment Conducted by: Sean Sutton, Proprietor

Review: Annually

What is RSI?

Repetitive Strain Injury (RSI) is a general term describing pain and discomfort in muscles, nerves, and tendons caused by repetitive or prolonged use.

Prevention Measures

1. Frequent Resting of Joints

- Regularly change the hand performing the task during cleaning.
- Alternate between different tasks, such as switching from dusting to sweeping.
- Team members are encouraged to rest when needed and opt for less strenuous tasks when possible.
- Take regular short breaks (around 10 seconds every few minutes) to relax and stretch.

2. Correct Body Posture

- Maintain proper posture as often as possible.
- Keep arms relaxed by your sides rather than overstretching or bending backward for prolonged periods.
- Follow manual handling guidelines to avoid strain.
- Perform purposeful stretches of hands, arms, wrists, and lower limbs regularly.
- Adjust stretches and tasks to suit individual medical or physical conditions.

3. Equipment and Support

- Simply Dazzle aims to ensure safe processes and welcomes team member feedback.
 - If you feel you need additional aids, adjustments to tasks, or removal from certain tasks due to physical or medical reasons, contact management immediately. Support will be provided where possible.
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Training & Awareness

- Team members will be introduced to this policy during induction.
 - Practical demonstrations of correct posture and stretching exercises will be provided.
 - Team members should ask questions and confirm understanding by signing off the policy.
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Review

- This policy is reviewed annually and updated as necessary based on feedback and regulatory changes.
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Policy last updated: 7th July 2025

Review due: 7th July 2026

Signed:

S.Sutton

Proprietor, Simply Dazzle

Date: 7/7/2025