

Name: _____

Q&A on RSIs, Ergonomics Etc.

On this paper, write the answers down to the following questions. Use the web site below to help you. After, create a PowerPoint presentation of the information.

www.tifaq.com and go to the **General Information** page.

1. [What are repetitive strain injuries \(RSIs\)?](#) _____

2. [What are the injury signs that I should look for?](#) _____

3. [What should I do if I experience RSI-related pain?](#) _____

4. [What are typical injury risk factors within the office?](#) _____

5. [What can I do to avoid injury?](#) _____

6. [Ouch! Too late, I'm hurt. Who can help me?](#) _____

7. [What kinds of products can help?](#) _____

8. [Where can I go to get more information?](#) _____

