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## What is Repetitive Strain Injury? by Mercury Legal Online - Experts in RSI Injury Compensation

### 1 What is a Repetitive Strain Injury?

Repetitive strain injury (also known as RSI) is a medical disorder involving the impaired function of upper limbs of the body due to damaged nerves, tendons, muscles or other soft tissue(s) due to repetitive work-related tasks.

The disorder mostly affects the:

- Forearm
- Elbow
- Wrists
- Hands
- Neck and Shoulders

Any job that has repeated actions over a long time can add to the risk of developing a Repetitive Strain Injury. Some jobs such as office or production line workers are known to be at particular risk. However some of the following jobs are also at risk of developing RSI:

- Food Pickers
- Supermarket Checkout
- Data Entry Administrators and programmers
- Factory workers
- Meat Processing operatives
- Workers on Assembly lines
- Long Distance Lorry Drivers

### 2 What Can I Do Next?

If you have a job that requires the repetitive use of your hands or fingers or exposes you to vibrating equipment or tools and you feel that you could be suffering with Repetitive Strain Injury, you should seek advice from your GP and call Mercury Legal Online Free on 0800 122 3130 about a claim for compensation.

If you've experienced any of the symptoms for Repetitive Strain Injury such as numbness, tingling or decreased grip strength you need to speak to your GP immediately about arranging a test for Repetitive Strain Injury.

Make a claim now, visit: [Repetitive-straininjury.co.uk](http://Repetitive-straininjury.co.uk)

#### Trust in Mercury Legal Online

At Mercury Legal Online our expert occupational disease team of solicitors know the affect that having RSI has on their quality of life and ability to carry out their job affectively. This is why if we take on a claim for RSI, we make sure we obtain as much compensation as possible, as quickly as possible.