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Raynaud's Disease

Work Related Upper Limb Disorder Guides

1 Raynaud's Disease

This is a pretty nasty form of RSI and can be terribly painful. If you suffer from Raynaud's disease, the nerves in your hand shut off the blood supply causing the hands to turn white or even blue due to the constriction. Episodes can last anything from a few minutes to several hours.

Those affected usually work in jobs where there's a lot of vibration, like factories with machines, or where the working conditions are very cold.

2 What Can I Do?

Don't suffer in silence. Keeping quiet can make things worse, both for you and your employer. RSI is as serious as any other work-based accident or incident, and you could miss out on compensation if your employer's been negligent in any way.

Companies will have insurance in place for situations like this and they'll have their own solicitor to fight their case. It doesn't matter how long you've been there either; your rights remain the same.

If you believe you have developed RSI as a result of your work and your employer has been negligent, you could be entitled to compensation.

If you'd like to discuss your situation, you can call us on

0800 122 3130