



# “SAFE DAYS” of Summer

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## REPETITIVE STRAIN INJURIES

*“Ergonomics Made Easy”*

Ergonomics is the science of fitting the job to the worker in order to reduce injuries. Tasks that require repetitive motions, awkward positions, heavy lifting or tremendous strain can lead to repetitive strain injuries or cumulative trauma disorders (CTD). These injuries affect muscles, tendons, and nerves and usually take a long time to develop. Examples of CTD include tendonitis, trigger finger and carpal tunnel syndrome. Eyestrain is a common injury associated with repetitive strain.

**Use these tips to reduce your risk for injury:**

### **ADJUST SUSTAINED AND REPEATED ACTIONS**

- Adjust work schedules to vary tasks, allowing muscle groups to rest. For example, computer users should alternate typing with other tasks.
- Flex and stretch hands, fingers, and wrists periodically.
- Stand and stretch your back at least one an hour.
- Adjust workstations to maintain a comfortable position.

### **MODIFY LIFTING, CARRYING AND HOISTING**

- Pick up a few objects at a time to reduce weight.
- Store heavier items between knee and shoulder height to make lifting easier.
- Use hoists to support objects and materials.
- Use handles to make gripping easier.

### **COMPUTER DISPLAY SCREENS**

- Look away from the computer screen at least once every 20 minutes.
- Have the monitor at eye level.
- Keep papers level with the screen.

