

SPECIAL POINTS
OF INTEREST:

- Preventing Motion Injuries
- Arrange Your Work
- Adjust Your Posture
- Vary Tasks
- Stretch
- Repetitive Stress Injuries
- Conditioning Exercises

P.O. Box 18667
Charlotte, NC 28218

800.849.1503
Fax: 704.331.9663
Kathy@
southernbuilder.org

Visit our website
southernbuilder.org

Hats ON for Safety

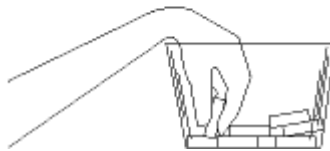
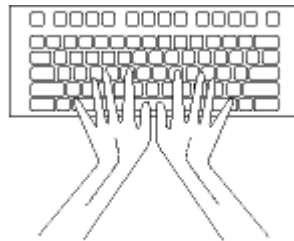
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Beware! Repetitive Motion

Preventing Motion Injuries

Do you find yourself doing the same thing over and over? Almost any kind of awkward or repetitive motion you make could lead to an injury over time. Actions like bending the wrists, twisting at the waist, reaching for materials, working with your hands above shoulder level, or grasping objects can increase wear and tear on the body. This can result in musculoskeletal dis-



orders that affect muscles,

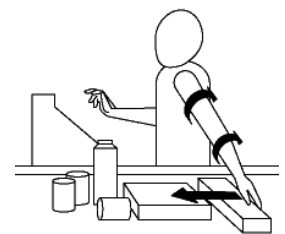
nerves, tendons, ligaments, joints or spinal disks.

There are protective measures you can take to reduce the chances of these kinds of injuries. Identify potential problems and adjust

your work habits so you are using your body in the safest and most efficient way. Use the tips in this newsletter for working the smart way.

- **Arrange your work** station, supplies and tools as much as possible to avoid reaching, leaning, bending and twisting your waist or wrists.

Adjust your posture or supplies and tools to minimize constant contact with furniture or machinery. Try to avoid leaning into edges of furniture and machines, or resting your hands elbows or knees on surfaces



Use your body efficiently.

Vary tasks if you can so that you are not making the same movement repeatedly over for a long period.

During rest breaks, **use stretches to loosen up**

your body.



Position yourself properly.

Repetitive Stress Injuries

Carpal Tunnel Syndrome is probably the most well known type of repetitive stress injury. It is caused through over use of the arms combined with over use of the fingers such as typing day after day on a computer keyboard. Its symptoms show up as a **tingling sensation in the fingers and a sharp pain in the wrist** when it is bent.

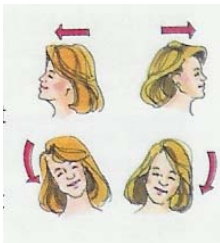
Tennis Elbow, another form of repetitive injury, shows up **as a sharp pain on the top of the elbow where the tendon joins the bone**. It is commonly called tennis elbow because acute pain occurs when hitting a tennis ball with a racket. Golfer's elbow is a similar malady that occurs from the motion of swinging a golf club. In recent months there have been many cases of tennis elbow related to playing the interactive Wii video games.

Tendonitis at the base of the thumb, commonly known as deQuervain's tendonitis results in the **inability to make a fist, grasp and hold objects**. This can occur often in infants as they work on developing their fine motor skills. With the advent of texting on cell phones, many teenagers and young adults are suffering from this type on injury. Another form of tendonitis can occur to the index finger through frequent clicking on a computer mouse.



Bursitis occurs many times from throwing a ball to many times without enough rest. The bursa is what cushions the tendon and prevents friction between the tendon and the bone. The constant throwing motion creates constant moving of the tendon across the bone in the shoulder or the elbow.

Conditioning Exercises



Neck Flex Sit or stand with your shoulders relaxed and your head erect. Turn your head slowly to the

right and then to the left as far as you can without discomfort. Next tilt your head slowly to the right and then to the left, bringing your ear close to your shoulder. Do not raise your shoulder. Repeat five times.



Shoulder Rolls With your head erect, relax your arms at your sides, With your elbows close to

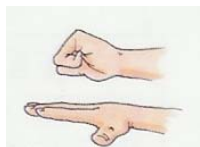
your sides, raise your shoulders

up and rotate them back, down, forward and up. Repeat five times. Change direction and rotate your shoulder forward, down, back and up. Repeat five times.



Wrist Flex Start with your wrist straight and fingers extended. Slowly bend the wrist downward until your hand

forms a right angle with your forearm. Return to starting position. Then bend your wrists as far back you can. Repeat five times with each hand.



Clench and Fan With your wrist held straight, make a fist and hold it

for five seconds. Release and spread your fingers, and hold for five seconds. Repeat five times

with each hand.



Palm Up/Palm Down With your elbow at your side, hold your forearm out with the palm downward.

Rotate your palm upward. Alternate between these positions five times. Repeat with the other arm.

Treatment for the injuries can run from invasive surgery to exercise therapy

Some information for this newsletter was taken from Think Safety Monthly Planner, Canadian Centre for Occupational Health & Safety, Repetitiveinjuries.com