



SAFETY BRIEF

ERGONOMIC HAZARDS REPETITIVE MOTIONS

Repetitive stress injuries occur when the same types of motions are performed over and over again using the same muscles, tendons or joints. You can prevent a repetitive motion injury by being aware of how you perform a task and adjusting for any pain you experience.



COMMON INJURIES

- **Tendinitis:** Inflammation of the tendons
- **Carpal tunnel syndrome:** Numbness, tingling or weakness in your hands
- **Lumbar disc syndrome:** Continuous pain in the lower back when completing movements
- **Raynaud's syndrome:** Color changes in the skin and cold or numbness in the fingers and toes
- **Tennis elbow:** Pain on the outside of the elbow and sometimes forearm and wrist

PROPER PREVENTION

- Take breaks from repetitive tasks
- Stand up and stretch every few hours
- Practice good posture
- Adjust your workstation to your needs
- Avoid standing for long periods of time
- Lift heavy items only when you need to and be sure to use good lifting form when you do
- Reduce the amount of force needed to complete a task by taking more trips or using mechanical aids
- Reach without stretching or straining
- Select the correct tools for the job
- Avoid awkward and static postures



Corporate Office: 717 Mulberry St. | Des Moines, IA 50309 | 800-447-2295 | www.emcins.com |    

Disclaimer: This material is designed and intended for general information purposes only, and is not intended, nor shall be construed or relied upon, as specific legal advice.
©Copyright Employers Mutual Casualty Company 2017. All rights reserved. RI0367