



# 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](http://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