

Preventing Musculoskeletal Disorders

If you do the same hand movements over and over on the job, you may suffer musculoskeletal disorders such as carpal tunnel syndrome. You may experience:

- aching wrists
- numbness in fingers
- hand weakness
- pain extending up the arm

Musculoskeletal disorders are a problem for...

- painters
- textile workers
- word processors
- cashiers
- electronics assemblers
- others who work with their hands

What can you do about repetitive motion injuries?

Position your hands correctly...

- Adjust your work so you can keep your wrists and elbows straight.
- Use hand tools that are the right width, size and shape for you.

Give your hands a break...

- Pause and shake out your hands. Let them dangle.
- Do hand exercises.
- Wear a hand and wrist brace.

Hand Exercises

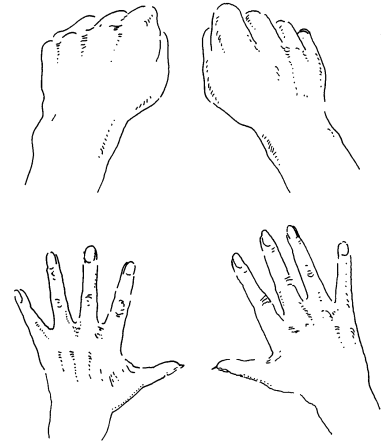
Wrist Rotation

Make a fist and rotate your entire hand from the wrist in one direction. Repeat 15 times. Change directions and repeat 15 times. Do these same rotations again with your fingers extended.



Hand Stretch

Make a fist, then extend your fingers as far apart as possible. Hold for 10 seconds. Relax. Repeat five to 10 times until hands feel relaxed.



Protect your hands from musculoskeletal disorders. The best time to start is before symptoms begin.

SAFETY HAZARDS