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BILLY BRONCO'S GUIDE TO PREVENTING CARPAL TUNNEL

Ergonomics focuses on repetitive motions in the work enviroment which have the potential to lead to employee discomfort or injury.

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Primary Risk Factors for Ergonomics Injuries

- Posture -- awkward, static positions
- Force -- lift, push/pull, grip, punch, carry
- Repetition -- frequency and speed over time

Risk Factors Modifiers

Risk of injury depends on:

- Duration of exposure
- Frequency of exposure
- Intensity of exposure

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CARPAL TUNNEL SYNDROME

Carpal tunnel syndrome (CTS) is a condition where the median nerve, one of two main nerves to the hand, is compressed at the wrist, leading to pain in the hand, wrist and sometimes arm, and numbness and tingling especially in the thumb, index and middle finger.

HOW CAN YOU PREVENT CARPAL TUNNEL SYNDROME?

- Center your work in front of you, as low as possible without touching your legs (your forearms are parallel to the floor or slightly lowered). If you work while standing, have your work surface at about waist height.
- Keep your hands and wrists in line with your forearms. For example, if you work at a keyboard, tilt it to help keep this alignment. Use proper hand and wrist position for manual tasks.
- Hold your elbows close to your sides.
- Avoid leaning on the heel of your hand or your wrist.
- Take little breaks every 10 to 15 minutes.
- Use a reminder alarm if needed.
- Do stretching exercises every 20 to 60 minutes.

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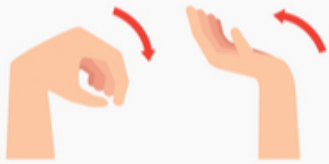
ERGONOMIC STRETCHES

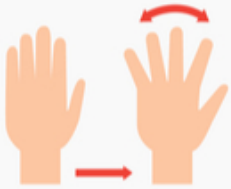
These specific exercises target the wrist, hand, and arm to prevent carpal tunnel syndrome specifically. These exercises should be performed for 10 seconds each.

CARPAL TUNNEL SYNDROME EXERCISES



Active range of motion

Active range of motion

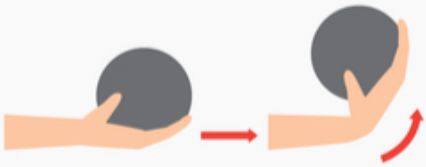


Finger exercise

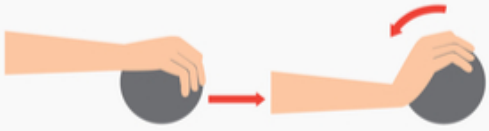
Wrist stretch

Tendon glides

Grip strengthening



Wrist flexion exercise



Wrist extension exercise

Ergonomic Trends