

# Safety Flash

## Repetitive Motions

In repetitive work, the same types of motions are performed over and over again using the same muscles, tendons, or joints. This day in, day out wear and tear on your body can cause injury. The severity of the injury may depend on the pace of work, the recovery time provided, and the amount of variety in work tasks. Learn how to protect yourself by working smarter to get the job done.

### Watch for Repetitive Strain Injury:

#### Know the Warning Signs

- ⇒ Recurring pain or soreness in neck, shoulders, upper back, wrists or hands.
- ⇒ Tingling, numbness, coldness, or loss of sensation.
- ⇒ Loss of grip strength, lack of endurance, weakness, or fatigue.
- ⇒ Muscles in the arms and shoulders feel hard and wiry.

## How to Protect Yourself...

- ✓ Be aware of your actions. Maintain correct posture, especially when lifting and carrying.
- ✓ Choose tools and equipment that reduce stress, minimize vibration, and prevent injury.
- ✓ Take frequent breaks to recover from repetitive motions.
- ✓ Look for attributes such as large switches that can be operated with all four fingers, a full-hand power grip rather than a precision finger grip, handle coatings that suppress vibrations, and a compressible gripping surface rather than hard plastic.

If you experience pain, stiffness, swelling, weakness, and numbness that won't go away, tell your supervisor immediately and see a physician as soon as possible.

Work Safe – Know the Risks ... and, Do Something... to Avoid Them!

