

# 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

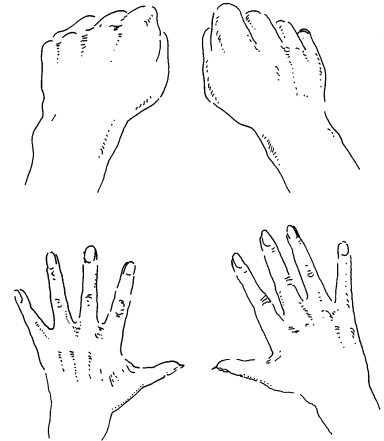
### Wrist Rotation

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