

Repetitive Motion and Carpal Tunnel

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Cumulative strain shows up at the end of the year, after eleven months of the same movement. The early symptoms are easy to work through, which is exactly why the damage becomes permanent.

WHAT GOES WRONG

- Numbness and tingling at night dismissed as having slept awkwardly.
- The same person on the same repetitive task every day because they are fastest at it.
- Grip forced harder than needed because the tool is dull, worn or the wrong size.
- Symptoms hidden because reporting them might mean losing the task or the job.

CONTROLS: BEFORE YOU START

- Learn the early signs: numbness, tingling, night pain, weakening grip, dropping things.
- Rotate people through repetitive tasks rather than leaving one person on them.
- Keep tools sharp and the right size, so the work does not need extra grip force.
- Take short breaks and stretch the hands, wrists and forearms through the day.
- Report symptoms early. Early is treatable and late often is not.

ASK THE CREW

1. Which trades on this site are most exposed to repetitive work?
2. Who has been on the same task every day for a month?
3. Who here has woken up with a numb hand in the last few weeks?
4. Which tool on this job forces people to grip harder than they should?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
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SUPERVISOR / COMPETENT PERSON	SIGNATURE