

REPETITIVE STRESS INJURIES - CONSTRUCTION

Repetitive Stress Injuries (RSIs) are one of the fastest growing injuries in the workplace today. RSIs are caused from years of repetitive or forceful motions that place stress and strain on the body. Some experts say that more than half of U.S. workers have jobs with the potential for RSIs. To help minimize or prevent these painful and sometimes crippling disorders, use proper work techniques and stay alert for symptoms.

Tone: Dramatization

Key Training Points:

- Examine your work habits. Choose work positions and tool configurations which are comfortable.
- When using tools with manual force, keep your wrists straight and your elbows bent at right angles.
- Maintain a relaxed grip. Avoid using excessive force.
- Use correct posture, whether sitting, standing, pulling, pushing, lifting, or using tools or equipment.
- Avoid stressing, straining, or twisting the body in ways that are awkward or uncomfortable.
- Avoid overexertion. Use mechanical aids when possible.
- Stay in shape. Stretch your body and exercise your muscles to help improve circulation and lubricate tendons.
- Take advantage of scheduled work breaks and, if possible, rotate tasks during the day to reduce repetitive hand and body movements.
- Be alert for symptoms of Repetitive Stress Injuries.

Answers: 1. C, 2. D, 3. A, 4. C, 5. D