



# Repetitive Motion Injury

- n This presentation is designed to give a general understanding of the issues associated with “Repetitive Motion Injuries”.
- n This presentation is a company training awareness toolbox and is applicable to all employees, it is designed to give all employees an understanding of the need for protection and awareness associated with Repetitive Motion Injuries.
- n Please be advised that specific procedures surrounding Repetitive Motion Injuries may be applicable at client sites that you work on and these should be followed whilst working on those sites.



## RMI's what are they?

- n They are injuries caused by

REGULARLY  
REPEATED  
MOVEMENTS

- n Work
  - Doing the same physical tasks over and over
- n Hobbies
  - Knitting, sewing or playing musical instruments
- n Sports
  - Tennis, golf, baseball or bowling



## **RMI's can affect**

- n Upper and lower arms & elbows
- n Wrists, hands and fingers
- n Shoulders and neck
- n Chest, abdomen and other areas
- n May occasionally affect lower limbs & back

## **Why learn about RMI's**

- n They are very common
- n They can be or become serious
- n Learning about them can help you
- n Can be very costly to you and the company
- n Can affect or change your life style
- n Can be permanent



## Motions that cause RMI's

- n Lifting - stacking, loading objects or boxes
- n Twisting - using a screwdriver or nut driver
- n Squeezing - clippers, scissors or other tools
- n Hammering, stapling or securing boxes
- n Finger and hand movements - pressing keys
- n Pushing and pulling - carts or racks



## Increase risk factors

- n Constant repetition - tissue doesn't recover
- n Force - pressure on muscles
- n Awkward posture - stand, sit or walk
- n Lack of rest - even from typing
- n Sharp or hard objects
- n Vibration
- n Cold temperatures
- n Improperly designed tools, controls or work areas



## Basic types of RMI's

- n Tendonitis
- n Tenosynovitis
- n CTS - Carpal Tunnel Syndrome
- n Circulation Problems

## Common Symptoms of RMI's

- n Numbness
- n Tingling sensation, soreness or pain
- n Difficulty in eating, driving & writing due to weakness
- n Skin that turns pale or cold
- n Difficulty moving fingers, shoulder, elbow or wrist



## Treatment for RMI's

- n Early detection and care is important
- n Notify Safety team member / supervisor / manager immediately
- n See a qualified health care provider
- n Restricted Motion
- n Medication
- n Heat and/or cold treatments
- n Exercises
- n Changes in your job, tools or work area



## Ways to prevent RMI's

- n Report symptoms right away
- n Increase work gradually in a new job
- n Reduce repetitions
- n Change positions
- n Adjust chair, work surface, keyboard, etc.
- n Pace yourself
- n Elbows at right angles to keyboard
- n Wrist as straight as possible
- n Pad corners, use cushioned tools



## Create a healthy workplace

- n Report all symptoms as soon as possible
- n Suggest changes - improve comfort & safety
- n Follow all safety procedures
- n Use Proper Protective Equipment
- n Follow treatment plan at home & work



## Remember

- n An RMI can be caused or made worse by what you do **OFF** the job too.
- n Make changes in activities outside of work too if necessary.
- n Staying healthy pays off.