

Upper Extremity Repetitive Work

Affected Sectors: Manufacturing,
Construction, Fish Processing

Hazards

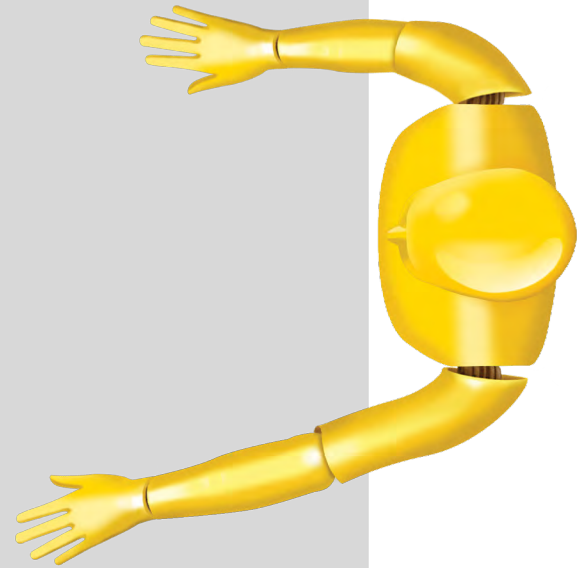
Contributing Factors

Reaching Frequently

- Performing same tasks over and over
- Poor workstation layout
 - i.e. location of equipment, tools

Twisting Regularly

- Poor workstation layout
 - Point of operation located to one's side or beyond
- Restricted/limited access
- Posture – Lower extremity in one place vs. pivoting



TIP: Repeating the same motion with the neck, shoulder, elbows, wrists, or hands every few seconds should be limited to two hours total per shift.

Possible Controls

Quick Wins

1. Change layout to reduce frequent twisting.
2. Change tasks to keep from performing similar actions over and over.
3. Provide the proper manual handling devices (carts/dollies).

Long-Term Planning

1. Provide powered hand tools instead of manual tools.
2. Implement a job rotation system that uses different muscle-tendon groups.
3. Plan for new equipment to have adjustability.