



CUMULATIVE TRAUMA DISORDER

Cumulative Trauma Disorders (CTD) are caused by repeated exertions of the body. CTD is excessive wear and tear on tendons, muscles, and sensitive nerve tissue on arms, neck, back, knees, hands, fingers, and wrists and is caused by repetitive stressors over a period of time. Many people work with computers every day. Improperly designed computer workstations pose ergonomic concerns. Risk factors such as the use of excessive force for typing, awkward posture and positions, long hours of typing and sitting, lack of rest, and long hours of using a mouse are potential causes of CTD. All ergonomics risk factors of potential CTD can be controlled by adjusting the workstation, work position, reducing repetitive actions, and exercising.

Some Tips to Consider for Ergonomic Workstations:

Adjust work desk, chair height, and keyboard position for you.

Rest feet flat on the floor.

Adjust the chair back to provide support for your back.

Adjust the monitor for your eye level.

Try to reduce glare on the screen.

Use a phone headset if you can.

Keep your arm and elbow close to your body in a relaxed position.

Locate your work equipment at a comfortable distance from you rbody.

Take short breaks and stretch your hands.

Keep your wrists flat and straight.

Work Site Review: Hazards/Safety Suggestions

Company Name: _____

Work Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____

Foreman/Supervisor: _____

Employee Signatures: (continue on back of sheet if necessary)

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness)

Manager/Supervisor's Signature: _____

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