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1 The LAW

OSHA has a four-pronged comprehensive approach to Ergonomics to quickly and effectively address musculoskeletal disorders in the workplace. The four areas of focus in this approach are Guidelines, Enforcement, Outreach and Assistance, and a National Advisory Committee.

BACK

A significant number of low back pain problems attributed to sudden unexpected loads could be avoided by lifting properly.

- Back Supports increase intra-abdominal pressure and thereby support and take pressure off the spine
- Back Supports are also used as a reminder to lift



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2 The ESSENTIALS

We've broken down the Ergonomics selection process into four simple categories, based on body part. Weigh the options in all these categories, and you'll be able to make the best possible choices for you and your workers.

WRIST

One of the the most common work-related wrist injury is Carpal Tunnel Syndrome (CTS).

- CTS is caused when the median nerve is irritated through pressure or swelling in and around the carpal tunnel
- CTS can result from forceful grasping with the hands and repetitive bending of the wrist
- The most common symptoms of CTS include pain, numbness and tingling in the wrist, hand and fingers
- Wrist Wraps are designed to give light support to the wrist
- Wrist Supports typically loop around the thumb to help keep the support in the correct location and use a flexible stays for added support
- Wrist Braces or Splints use a rigid plastic or aluminum stay to immobilize the wrist



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ELBOW

One of the most common work-related elbow injury is Tennis Elbow.

- Tennis Elbow is an injury to the muscles and tendons on the outside of the elbow that is caused by repetitive rotation of the forearm
- A Tennis Elbow Support is very effective at compressing the elbow and limiting its use. When properly braced, an immediate improvement in symptoms is common.
- Tennis Elbow Supports provide even pressure around the entire forearm and the injured area
- Tennis Elbow Supports with Pads help to concentrate the pressure directly on the extensor muscle area



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KNEES

The pain of many common knee injuries can be relieved with Knee Supports and Knee Pads.

- Knee Supports are designed to support sprained or strained knee muscles
- An open patella Knee Support gives more support to the kneecap and is more comfortable to bend the leg
- Knee Pads are designed to cushion the weight of your body when working on your knees

3 Don't FORGET

- Anti-Vibration and Lifters Gloves Page 138-140
- Shoe Insoles Page 184
- Blueprints for Safety Training Programs Page 307
- Anti-Fatigue and Anti-Slip Matting Page 319-321

4 The SAFETY SOURCE

Conney Safety Products is your single source for all the information you need regarding Ergonomics. Please visit our website at **Conney.com** or call our **Safety Tech Talk** line at **800-462-1947** for answers to all your safety-related questions.