



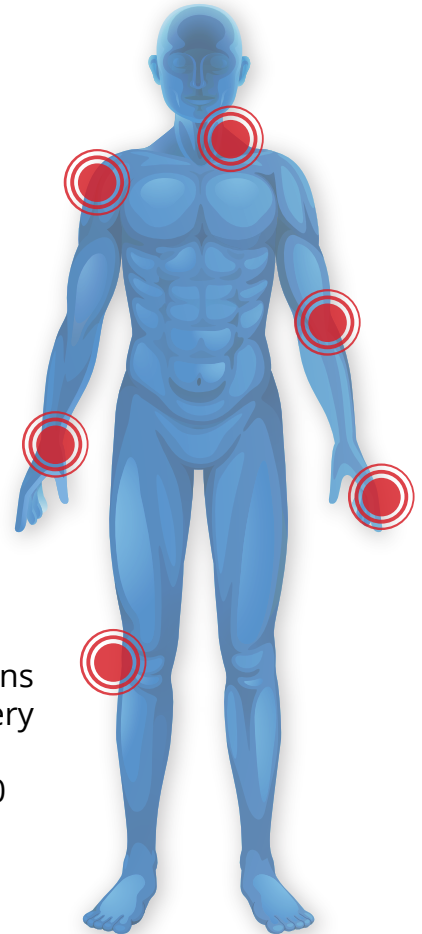
Repetitive Stress Injuries

- Musculoskeletal discomforts can be caused by repetitive tasks that put strain and stress on the body
- Can cause joint discomfort and inflammation
- Common areas include the wrists, hands, elbows, neck, shoulders, back, and knees

Prevention



- Maintain neutral joint positioning
- Work in “Power Zones”
 - Work between knees and shoulders
 - Keep work within a forearm’s distance
 - Limit twisting
- Take Microbreaks
 - Short rest bouts when performing repetitive motions such as gripping, typing, wrenching, or lifting are very important
 - 20/20 Rule: For every 20 minutes of work, take a 20 second stretch break



Helpful tips



- Square hips/shoulders and pivot feet towards the work to prevent low back discomfort
- Avoid pinching and pulling items with one hand
- Keep hands in neutral or handshake position to prevent forearm/elbow strain
- Equipment operators – Utilize mirrors to prevent twisting of neck and back
- Rotate job tasks whenever possible



People often dismiss “minor” symptoms in hopes that they will go away. Reach out to your Briotix Health Provider at the first sign of discomfort so you can prevent symptoms from worsening and get great job coaching recommendations.