



KCA TOOL BOX TALK: Carpal Tunnel Syndrome

Carpal tunnel syndrome (CTS) is a repetitive motion injury. It occurs when an important nerve is regularly pinched and compressed. Workers with CTS commonly feel pain, weakness, and tingling, usually in the first three fingers of the hand and the base of the thumb. Symptoms are often most severe during sleep. Serious cases can be disabling.

Signatures

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Preventing CTS:

- Use tools designed for the job.

- Use tools that keep your wrist in a neutral position, rather than a forward or backward bend, to minimize force.

- Rest your hands periodically.

- Reduce repetition of movement and vary your arm's position when performing an activity.

- Select 2-handled tools with handles that have a spring return and locking position.

- Wear gloves or use anti-vibration wraps to improve grip strength and lessen the shock of vibrating tools.

For more information visit OSHA Standard: General Duty Clause Section (5)(a)(1) of the OSHA Act