

RISK COMMUNIQUÉ

Cumulative Trauma Disorders - Risk Factors and Controls

FORCE + REPETITION + POSTURE + NO REST = CTD

Risk Factors

- Repetitive motion (above 1,000 times per shift)
- Forceful exertions
- Non-neutral posture
- Mechanical stress
- Cold
- Vibration
- Gloves
- Tool sizing

Controlling Factors

- | | |
|---|---|
| • Alter tools | • Bend tool <u>not the wrist</u> |
| • Move the part | • Keep tool weight low |
| • Keep cutting edges sharp | • Tool grip proper size and shape |
| • Power with motors | • Handle length minimum of 4 inches |
| • Use jigs, clamps, etc. | • Spring loaded pliers and scissors |
| • Cylindrical handles | • Provide large triggers |
| • Use levers not finger push buttons | • Non-porous, non-slip, non-conductive tool handles |
| • Increase number of different job tasks | • Use power grip when possible |
| • Automate | • Protect from heat, cold and vibration |
| • Workstation designed as adjustable | • Rotate jobs |
| • Place tools/materials between shoulder and waist | • Require rest breaks |
| • Rounded/padded edges to rest elbow/forearm | • Exercise programs |
| • Ergonomic adjustable chairs | • Training |
| • Use jigs/fixtures to hold piece Allow rest breaks | • Medical monitoring |

This is a sample guideline furnished to you by Glatfelter Public Practice. Your organization should review it and make the necessary modifications to meet the needs of your organization. The intent of this guideline is to assist you in reducing risk exposure to the public, personnel and property. For additional information on this topic, you may contact your GPP Risk Control Representative. www.glatfelterpublicpractice.com