

PLAYING IT **SAFE**

Be safe and healthy on the job with these helpful tips provided by Peabody Insurance Agency.

Keeping Healthy Hands

How to reduce your risk of hand injury at work

Working on a computer all day can be taxing on your hands and wrists, increasing your risk of developing chronic stress injuries like carpal tunnel syndrome or various kinds of tendon inflammation.

What Causes Injury?

Many stress injuries to the hands are caused by repetitive motions, placing too much stress on certain points of the body and too much twisting. To prevent serious injury, take the following precautions.

- Cut down on unnecessary movements whenever possible by arranging your workstation so that the objects and materials you use most often are closest to you.
- Adjust the angle of your work surface to keep your hands and wrists in a neutral position. Where necessary, use an ergonomic wrist support for the keyboard and mouse.
- Give your elbows and wrists a rest periodically throughout the day. Stretch regularly to keep your muscles loose.
- Keep your limbs and shoulders as relaxed as possible to avoid excess tension.
- Try to change your position throughout the day. One of the

best preventive actions you can take is to vary your position.

Recognize Warning Signs

If you begin to experience these symptoms of repetitive stress injury, change your routine to lessen the stress, and see a doctor if the symptoms persist or worsen:

- Tingling in the wrists, similar to the sensation of feet that have fallen asleep
- Weakness in the wrist or hand, caused by the inflammation inside the arm that weakens muscles
- Pain from the wrist to the elbow due to inflammation
- Stiff fingers and wrists

What Can Be Done?

For most people, proper treatment can successfully relieve pain, numbness and tingling and restore normal function to the wrist and hand. Treatments may include splints, braces, anti-inflammatory medications or surgery.



Straight Up

When examining your wrist position, be sure that wrists are completely straight when using the keyboard or mouse. Use proper supports if you find that you naturally bend your wrist when working.