



Evaluating Risks in Growing Occupations Inc.

E-NEWSLETTER NOVEMBER / DECEMBER 2010

## FEATURE ARTICLE

### IS A POOR WORKSTATION SET UP THE ONLY CAUSE OF HAND, WRIST/FOREARM DISCOMFORT?

The first line of defense to preventing hand, wrist and forearm musculoskeletal disorders (MSDs) is to ergonomically assess your employee workstation set ups. By ensuring that furniture and equipment fit the user and are set up to accommodate the individual's work tasks, body type and size, injury costs and lost time are reduced.

If the physical ergonomics of the workstation have already been addressed and MSD symptoms persist, then perhaps a broader look should be taken. Many individuals may need to look further into their overall health to determine the underlying causes of their discomfort. The following health issues have been shown to contribute to hand, wrist and forearm pain:

*Diabetes* can often extend healing periods causing initial muscle soreness to extend over months giving the impression of a longstanding MSD. To further this misdiagnosis, diabetic neuropathy often causes tingling and/or pain in the hands and feet.

Deficiencies in diet, specifically B12, have been shown to mimic symptoms of a MSD by leaving individuals experiencing numbness and tingling in hands and forearms ([www.webmd.com](http://www.webmd.com)).

Luteinizing hormone (LH) and increased fluid retention in the body during pregnancy will also temporarily increase symptoms of a MSD.

Finally, most of the population is likely to, at some point in life, experience joint discomfort caused by arthritis. The initial symptoms for arthritis occur in the wrists, fingers and thumb are often mistaken for carpal tunnel syndrome and tendinitis.

To ensure workers are getting the proper treatment for their discomfort, it is important to ensure they have a clear and accurate understanding of the cause. Ergonomic workstation set up is the key to prevention and reducing the risk of further discomfort. Employees suffering from long standing hand and forearm ailments should consult their doctor and look at all aspects of health to promote healing and/or manage discomfort effectively.

## UPCOMING ERGO SEMINARS & EVENTS

November 30-December 3, 2010.

### The National Ergonomics Conference and Exposition.

Las Vegas, Nevada

[www.ErgoExpo.com](http://www.ErgoExpo.com)

Marnie Downey, M.Sc., CCPE,CK will be presenting at this conference on **Lab Best Practices: Pipetting, Bench and Fume Hood Work**

### 2011 ERGONOMIC CERTIFICATE WORKSHOPS

We will be selecting dates and topics for our 1 and 2 day Certificate Workshops at the end of the year.

Topics will likely include: **Office Ergonomics, Completing Physical Demands Assessments, and Ergonomics and Musculoskeletal Disorder Prevention in Manufacturing, Health Care and Education.**

Stay tuned for further information.

Check our website or our Facebook page for updates.

### Christmas wishes for the holidays

Our offices will be closed this year between December 23 – January 3, 2011. We wish you all a happy holiday.

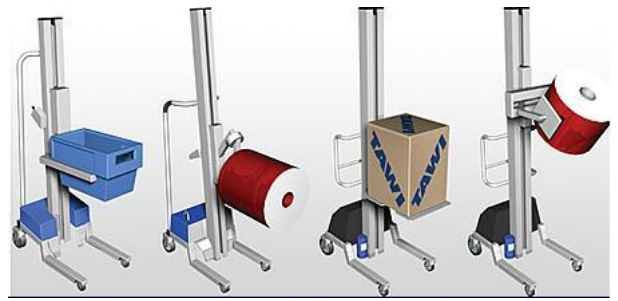


When purchasing tools, equipment and furniture, style and appearance should not be the only determining factor. Ergonomic features such as multiuse and adjustability will provide the greatest return on an investment by ensuring that the furniture/equipment is useable by a variety of people for a variety of purposes.

Some key elements to consider are:

- ✦ Height adjustability in furniture or manual handling equipment
- ✦ Fully adjustable chairs (CSA Guidelines)
- ✦ Multi-tiered surfaces

- ✦ Multi-purpose tools (adjustable handle angles etc)
- ✦ Interchangeable attachments



([www.jenalex.ca](http://www.jenalex.ca))

For assistance on equipment and furniture purchases contact us today.

## **ERGO** EYE & NECK SAFETY AT THE COMPUTER

### EVALUATE YOUR WORKSTATION ....



- ☐ Maintain an arm's length distance from your computer monitor. If it is too far away you will tend to lean forward, thus promoting poor sitting postures.
- ☐ Ensure the monitor is directly in front of your body.
- ☐ Place the top of the monitor at seated eye level (lower if you have bifocals). Ensure you are working with an upright neck posture.
- ☐ Tilt your monitor approximately 10 degrees back (tilt the top of the monitor back). This will allow for better visualization, straighter neck postures and should reduce flicker.
- ☐ Position your monitor at 90 degree angles to windows to reduce glare.
- ☐ Ensure you have a high contrast between the lettering and background.
- ☐ The lighting in the room should be lower than the brightness of your monitor.
- ☐ Keep your monitor clean and free of dust.
- ☐ Consult your vision care specialist if you experience eye fatigue or headaches.

## **ERGO** UPDATE

### Feature Product

The New **Rollermouse PRO 2** is available and the feedback is goo. Here are some of the features of the Rollermouse PRO 2.



- ☐ Adjustable lifters with 3 height adjustments to get your keyboard to a comfortable height.
- ☐ Softer Gel palm supports with a leatherette finish that is easier to clean.
- ☐ Top two buttons are now copy & paste.

CALL US TODAY FOR A QUOTE



Evaluating Risks in Growing Occupations Inc.

**PROFESSIONAL ERGONOMIC AND INJURY  
MANAGEMENT SERVICES**

**HEAD OFFICE:**

tel: 705-436-4504 fax: 705-436-4619

email: [downey@ergoconsulting.net](mailto:downey@ergoconsulting.net)

[www.ergoconsulting.net](http://www.ergoconsulting.net)



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