



E-NEWSLETTER

NOVEMBER 2011

FEATURE ARTICLE

Wrist Braces: Should They Be Used to Prevent Hand & Arm Injuries in the Workplace?

An interesting commentary from [WorkSafeBC](#) reviews the role of wrist braces (devices that immobilize the wrist) in the workplace:

Do wrist braces prevent hand and arm injuries?

Evidence suggests that wearing non-prescribed wrist braces does not prevent injuries to the muscles, tendons, and nerves in the hands and arms. In particular, wearing a brace is not likely to prevent injuries such as tendonitis (inflammation of a tendon) and carpal tunnel syndrome (injury to a nerve passing through the wrist). In fact, wearing a non-prescribed brace may worsen symptoms or contribute to a strain in another part of the arm.

When should you use a wrist brace?

Wear a medically prescribed brace that your doctor, physiotherapist, or occupational therapist advises for a specific injury or disease. Usually, medically prescribed braces are custom made rather than bought off the shelf, and are recommended for resting the joint so that healing can take place. Use a brace at work if your doctor agrees that immobilizing the wrist in your particular job will not make the injury worse or lead to other types of disorders.

Prevention programs prevent hand and arm injuries.

A more effective way to prevent hand and arm injuries is to have a comprehensive Health & Safety and Ergonomics program in your workplace. An effective program will help:

- Identify where and why injuries are occurring
- Assess the exposure of workers to risks such as repetitive movements, awkward postures, and forceful gripping
- Eliminate or minimize the risks by changing equipment, tools, workplace layout, or work organization

For more information and articles on this topic, visit the Resource section on our website:

<http://www.ergoconsulting.ca/resource-centre/newsletters/>

UPCOMING ERGO EVENTS

We will be selecting topics and 2012 dates for our 1 and 2 day Certificate Workshops at the end of the year. Topics will likely include:

- ✈ Office Ergonomics
- ✈ Completing Physical Demands Assessments (PDAs)
- ✈ Ergonomics and Musculoskeletal Disorder Prevention in Manufacturing, Health Care and Education

Stay tuned for further information...

Check our website www.ergoconsulting.ca for updates.

HAVE YOU CHECKED OUT OUR NEW BLOG?

- ✈ ERGO Blog topics include
 - Ergonomic Office Seating – the Search for the Best Liked Chair
 - How to Calculate a Return on Investment (ROI) for Ergonomic Improvements
- ✈ Post a comment on our Blog and you will be entered in our draw to win a FREE ergonomic prize!

(To be drawn and announced on December 15th, 2011)

[Click here](#) to join the discussion!

- ✈ Bookmark our new website! www.ergoconsulting.ca
- ✈ We'd love to hear from you! Request a BLOG topic or send us your feedback on what you think about our new website: info@ergoconsulting.ca

LAPTOP PLACEMENT IN VEHICLES

A recent study by Marquette University (Wisconsin, USA) was conducted to determine the best location to place a laptop in the vehicles of field workers in the oil and gas industry. The study tested four locations (see picture at right) in a light truck cab to determine how location affected lower back and shoulder muscle activity, joint angles (shoulders, elbows, and wrist), user performance, and subjective assessment. The results concluded that placing the laptop computer closer to the steering wheel reduced low back and shoulder muscle activity, less spinal compression and trunk muscle force, and promoted joint angles of the shoulders, elbows, and wrists that were closer to neutral.

For more information on vehicle laptop mounts and proper placement in your field worker vehicles, contact ERGO Inc.

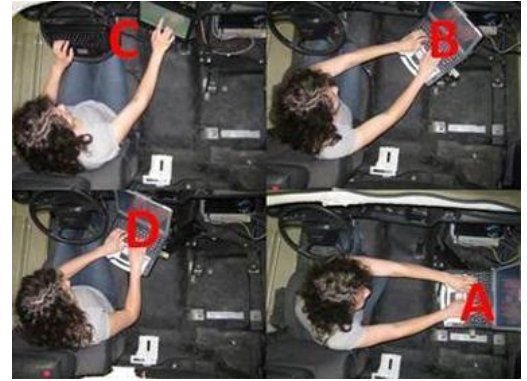


Photo courtesy of humantech.com

ERGO INFO & ANNOUNCEMENTS

Interesting ... Safe Patient Handling Law Signed by California Governor

California passed a safe patient handling law called AB1136 which helps prevent back injuries for Nurses in acute care hospitals (enacted on October 7th, 2011). The law was prompted from the SEIU Nurse Alliance of California. The law becomes effective January 2012 and will start to be enforced by January 2013. This bill would make findings and declarations concerning the lifting, repositioning, and transfer of patients in acute care hospitals and resulting injuries to hospital personnel.

As part of the injury and illness prevention programs required by existing regulations, employers will be required to adopt a patient protection and health care worker back and musculoskeletal injury prevention plan, which must include a safe patient handling policy component, as specified, to protect patients and health care workers, as defined, in health care facilities.

Christmas wishes for the holidays

Our offices will be closed this year December 23, 2011 – January 2, 2012. We wish you all a happy holiday with your family and friends!



ERGO PRODUCT HIGHLIGHT

- ✦ A footrest can reduce lower back and lower limb discomfort.
- ✦ Use a footrest if there is pressure on the back of the user's legs or if their feet are not resting on the floor.
- ✦ Rocking or tilting footrests promote movement, which helps increase blood flow and engages muscles that are typically static when seated.



Adjustable Footrest
by AIData



ErgoStretch
by Sunflex



Evaluating Risks in Growing Occupations Inc.

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