

We've adapted this workstation especially for you ambassador

Repetitive Strain Injuries and Office Ergonomics

Jeffrey Fox, Pacific Northwest National Laboratory

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Goals of Presentation

- **Understanding RSIs**
 - Types
 - Impacts
 - Risk Factors
- **Treating RSIs**
 - Doctors
 - Treatment options
 - Activities for daily living
- **Preventing RSIs**
 - Ergonomic workstation setup
 - Alternative equipment

What is Ergonomics

“Ergonomics is the study of human characteristics for the appropriate design of living and work environment.”

-- National Safety Council

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Adjusting the workstation to the person rather than adjusting the person to the work station.

What is a Repetitive Strain Injuries (RSI)

- **Characteristics**
 - Cumulative-develops gradually
 - Trauma-bodily injury from biomechanical stresses
 - Disorder-physical ailment or abnormal condition
- **Other Names**
 - Cumulative trauma disorder (CTD)
 - Occupational cervicobrachial disorder (OCD)
 - Occupational overuse syndrome (OOS)
 - Work related musculoskeletal disorder (WMSD)
 - Other popularized names:
 - » Golfer's elbow
 - » Tennis elbow
 - » Bowler's thumb
 - » Stitcher's wrist

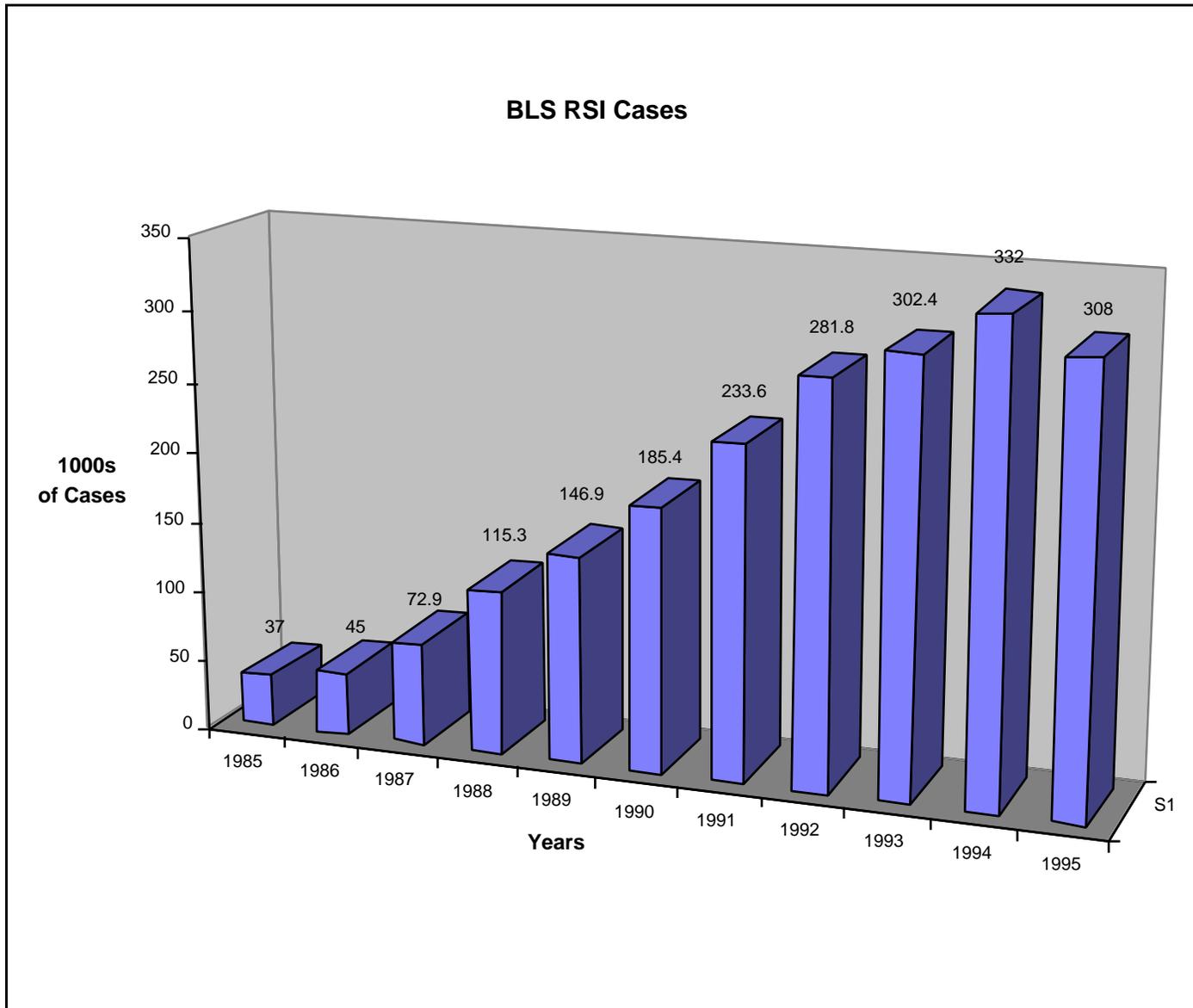
Increased Interest in RSIs

- **Increase in Injuries**
- **Change in Industry**
 - Type of workers
 - Type of equipment
- **Compensable**

Some RSI Statistics

- **Bureau of Labor Statistics, 1994**
 - 332,100 disorders associated with repeated trauma
 - 10% increase from 1993 and 15% increase from 1992
- **“\$7.4 billion a year in workers compensation costs and untold billions on medical treatment and hidden costs” -- CTDNews Online**
- **“The California Workers' Compensation Institute estimates cumulative trauma injury claims by workers average \$21,453” -- CTDNews Online**

Have we seen the worst of It?



Characteristics of RSIs

- **Components**
 - Repetition
 - Posture
 - Force
 - Inadequate rest
- **Common Traits**
 - Takes time to develop
 - Symptoms are poorly localized
 - Multiple factors
 - Takes time to rehabilitate

Types of Injuries

- Tendon
- Nerve
- Vascular
- Muscle
- Joint
- Eye

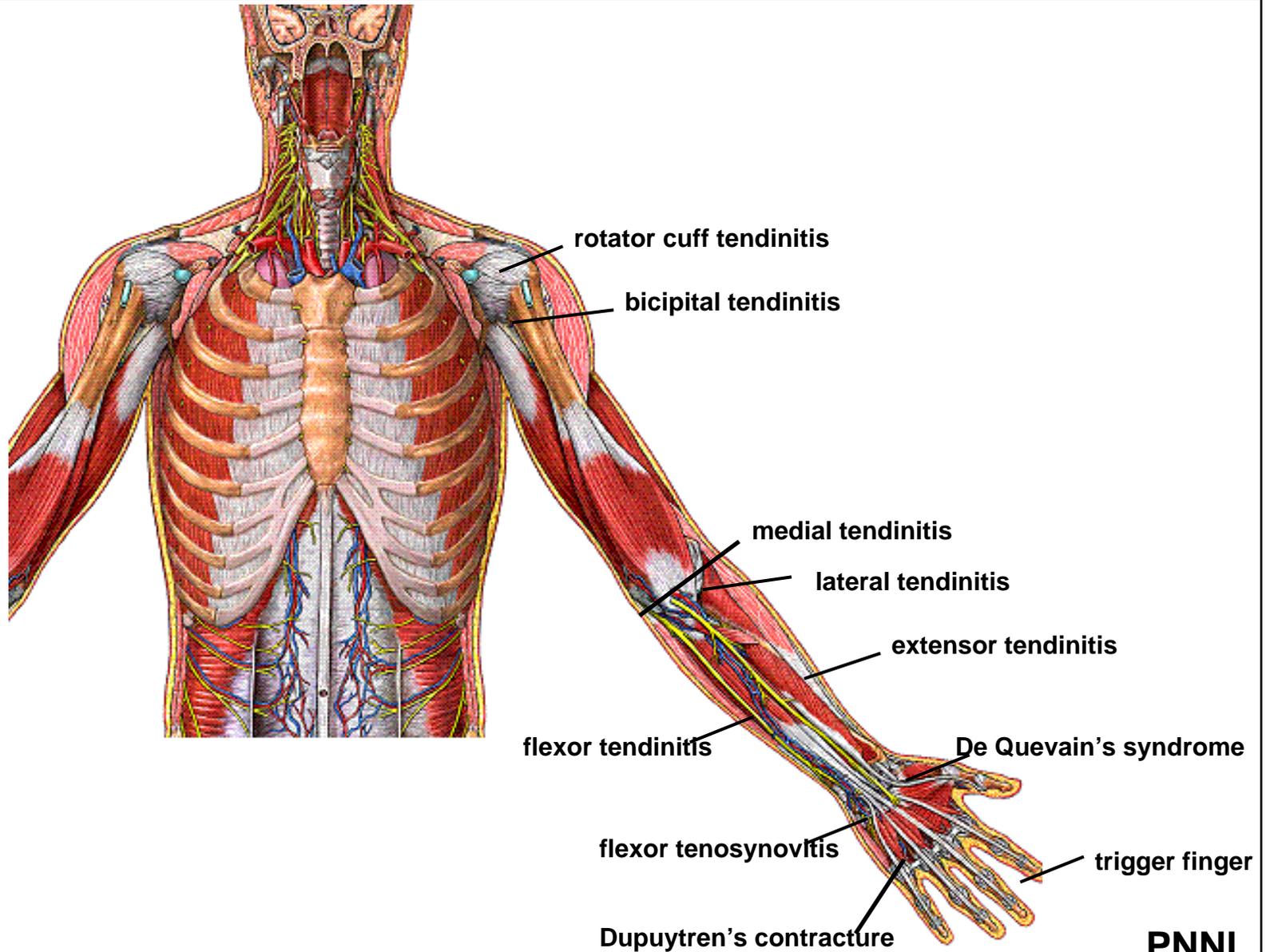
Tendon Injuries

- The Tendon
- The Tendon Sheath
- Tendinitis/Tenosynovitis

Types of Tendon Injuries

- **Epicondylitis (Tennis Elbow)**
 - Lateral
 - Medial
- **Extensor Tendinitis**
- **Flexor Tendinitis**
- **DeQuervain's Disease**
- **Ganglion Cysts**
- **Trigger Finger**
- **Flexor Carpi Radialis Tendinitis**
- **Bicipital Tendinitis**
- **Rotator Cuff Tendinitis**

Types of Tendon Injuries



Tendon Structure

