

Company Name: _____ Dept: _____ Location: _____ Date: _____

#16

Preventing CDT's

Cumulative trauma disorder (CTD). Any physical disorder that develops from or is aggravated by the cumulative application of biomechanical stress to tissues and joints, including but not limited to, bursitis, ligament sprains, muscle strains (e.g., neck-tension syndrome), nerve entrapment (e.g., carpal tunnel syndrome), stenosing tenosynovitis (e.g., trigger finger), tendon-related disorders (e.g., de Quervain's), and hand-arm vibration syndrome.

CTD risk. The presence of one or more of the following factors in work activity in such a manner and to such an extent that a CTD is substantially likely to result:

- (A) Frequency, i.e., the rate at which specific physical motions or exertions are repeated;
- (B) Force, i.e., physical exertion by or pressure applied to any part of the body;
- (C) Duration, i.e., the length of any period of work activity which poses a CTD risk;
- (D) Posture, i.e., the position of a body part during work activity;
- (E) Exposure to localized or whole-body vibration; and
- (F) Exposure of hands and feet to extreme cold temperatures which cause discomfort.

Alternate your work activities and postures throughout the day. Rotating tasks may seem inefficient, but the rest and use of different muscle groups increases energy and maintains productivity.

Maintaining overall health reduces your risk of injury. Get a good night's sleep to rest your body and maintain alertness. Eat healthy foods and drink fluids to boost energy and stay hydrated. Aerobic exercise and weight training increase strength and vitality. Stretching, yoga, and pilates improve flexibility and build core body strength.

Meeting Conducted By:

Meeting Attended By:

Print Name

Signature

Document Filing Reference

Notes & Suggestions

Filing Instructions: Copies of this "Tailgate Talk" should be filed in employer's safety training records and cross-referenced in each employee safety-training file. This is intended as a guide only- all rights reserved.