

SAFETY MEETING TOPIC: Musculoskeletal Disorders (MSD) Part 2

The following table outlines occupational risk factors and symptoms of the most common disorders of the upper body associated with WMSDs.

Disorders	Occupational risk factors	Symptoms
Tendonitis/tenosynovitis	Repetitive wrist motions Repetitive shoulder motions Sustained hyper extension of arms Prolonged load on shoulders	Pain, weakness, swelling, burning sensation or dull ache over affected area
Epicondylitis (elbow tendonitis)	Repeated or forceful rotation of the forearm and bending of the wrist at the same time	Same symptoms as tendonitis
Carpal tunnel syndrome	Repetitive wrist motions	Pain, numbness, tingling, burning sensations, wasting of muscles at base of thumb, dry palm
DeQuervain's disease	Repetitive hand twisting and forceful gripping	Pain at the base of thumb
Thoracic outlet syndrome	Prolonged shoulder flexion Extending arms above shoulder height Carrying loads on the shoulder	Pain, numbness, swelling of the hands
Tension neck syndrome	Prolonged restricted posture	Pain

The treatment of MSDs involves several approaches including the following:

- Restriction of movement
- Application of heat or cold
- Exercise
- Medication and surgery if allowed to persist over time

The main effort to protect yourself from WMSDs should focus on avoiding prolonged periods of repetitive patterns of work through task rotation. Early recognition of these disorders is very important to prevent injuries from becoming longstanding. Preventive and control measures, in order to be truly effective, require continuous involvement on the part of the workers and management in their work activities.