

Cumulative Trauma Disorders - Risk Factors and Controls

FORCE + REPETITION + POSTURE + NO REST = CTD

Risk Factors

- Repetitive motion (above 1,000 times per shift)
- Forceful exertions
- Non-neutral posture
- Mechanical stress
- Cold
- Vibration
- Gloves
- Tool sizing

Controlling Factors

- Alter tools
- Move the part
- Keep cutting edges sharp
- Power with motors
- Use jigs, clamps, etc.
- Cylindrical handles
- Use levers not finger push buttons
- Increase number of different job tasks
- Automate
- Workstation designed as adjustable
- Place tools/materials between shoulder and waist
- Rounded/padded edges to rest elbow/forearm
- Ergonomic adjustable chairs
- Use jigs/fixtures to hold piece Allow rest breaks
- Bend tool not the wrist
- Keep tool weight low
- Tool grip proper size and shape
- Handle length minimum of 4 inches
- Spring loaded pliers and scissors
- Provide large triggers
- Non-porous, non-slip, non-conductive tool handles
- Use power grip when possible
- Protect from heat, cold and vibration
- Rotate jobs
- Require rest breaks
- Exercise programs
- Training
- Medical monitoring

This is a sample guideline furnished to you by Glatfelter Brokerage Services, Group Manager.

Your organization should review and make the necessary modifications to meet the needs of your organization.

The intent of this guideline is to assist you in reducing risk exposure to the public, personnel and property. www.GlatfelterPublicPractice.com