



Carpal Tunnel Syndrome



Carpal tunnel syndrome (CTS) is a repetitive-motion injury. It occurs when an important nerve is regularly pinched and compressed. Workers with CTS commonly feel pain, weakness, and tingling, usually in the first three fingers of the hand and the base of the thumb. Symptoms are often most severe during sleep. Serious cases can be disabling.

Ann's Story

Ann, a roofer, first noticed symptoms of CTS when her fingers would tingle and her hand and wrist would begin to feel numb the longer she held a tool. She went to her primary care physician and explained the type of work she performed and the problems she was having holding tools. She did some tests and told Ann that she had CTS.

✘ **How could her CTS have been prevented?**

✘ **Have you or someone you know ever experienced any pain or discomfort similar to Ann's? What happened?**

Remember This

- Use tools designed for the job.
- Use tools that keep your wrist in a neutral position, rather than a forward or backward bend, to minimize force.
- Rest your hands periodically.
- Reduce repetition of movement, and vary your arm's position when performing an activity.
- Select 2-handled tools with handles that have a spring return and locking position.
- Wear gloves or use anti-vibration wraps to improve grip strength and lessen the shock of vibrating tools.

How can we stay safe today?

What will we do at the worksite to prevent carpal tunnel syndrome?

1. _____

2. _____

OSHA Standard: General Duty Clause Section (5)(a)(1) of the OSHA Act

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- ✘ Use tools designed for the job.
- ✘ Wear gloves or use anti-vibration wraps to lessen shock and vibration.
- ✘ Rest your hands periodically.
- ✘ Keep your wrists in a neutral position.