

SAFE WORK PRACTICE

TITLE	Repetitive Work
GENERAL	These are the muscle and joint stresses which are caused by doing the same work over and over, with mild temporary injuries building up into serious disabling ones.
APPLICATION	These are the muscle and joint stresses which are caused by doing the same work over and over, with mild temporary injuries building up into serious disabling ones.
PROTECTIVE MECHANISMS	Safe Work Procedure PPE as per company or site requirements
SELECTION AND USE	As per Safe Work Procedure
SUPERVISOR RESPONSIBILITY	To facilitate and/or provide proper instruction to their workers on protection requirements
WORKER RESPONSIBILITY	<ol style="list-style-type: none"> 1) Start by recognizing the repetitive tasks you do. If you feel pain or discomfort on a regular basis, consult with a professional. If you are having symptoms of repetitive strain injury, get it treated now or it may become far more serious. 2) Take scheduled breaks while you are performing repetitive tasks. Stretch and flex your muscles. 3) You might want to try specific exercises designed to help combat repetitive strain. Ask your supervisor or doctor for suggestions. 4) You can also try alternating your repetitive jobs with other tasks. For example, if you are keyboarding for a period of time, try reading or filing for a while before returning to your computer. If you are using a power drill, switch to another task periodically. 5) Consider rearranging your work station. Change the height of your chair and table so your back doesn't hurt and you don't have to bend and twist so much. Place your tools and supplies so you don't have to strain to reach them. 6) Relax your hold when using hand tools and power tools. Avoid awkward or strained postures while working. 7) Maintain good physical condition to help reduce your chances of suffering a repetitive strain injury. 8) Keep warm while you work. This helps muscles and connective tissues to stay flexible and can help reduce injuries. Wear gloves, if appropriate, for your work.

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