



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

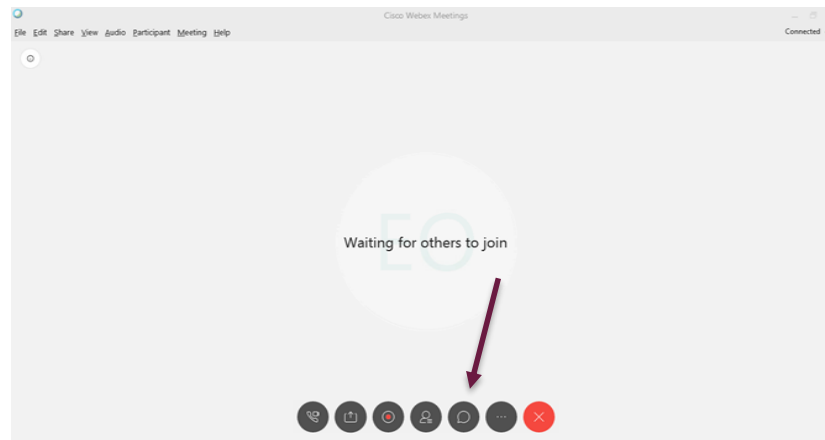
Ergonomics 101 – Preventing Repetitive Stress Injuries (RSI's)

Taught by the Harris Health System Employee Wellness Team

Engage and Interact

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better.

Premium Points - You can only receive credit for one Wellness Class per day. You will not receive credit for Wellness Classes you have already completed. Please allow up to 4 weeks for your points to be reflected on myCigna.com.



Ergonomics 101

Class 1 – Posture

Class 2 – Workstation Basics

Class 3 – Vision & Tech Neck

Class 4 – Preventing Repetitive Stress Injuries

Class 5 – Back Injury Prevention

Class 6 – Postural Assessment and Correction

Learning Objectives

- What is Repetitive Stress?
- Blood flow & circulation
- Common repetitive activities
- RSI's for office workers
- RSI's Healthcare Workers
- Risks & Prevention



Repetitive Stress, Cumulative Trauma, Repetitive strain...

Merriam-Webster: any of various painful musculoskeletal disorders (such as carpal tunnel syndrome or tendinitis) caused by cumulative damage to muscles, tendons, ligaments, nerves, or joints (as of the hand or shoulder) from highly repetitive movements

A term used to describe damage and pain caused by repetitive movement and overuse.

Repetitive strain injury impacts muscles, nerves, ligaments, and tendons. These types of injuries can be caused by improper technique or overuse.

Most common repetitive activities

- Typing/mouse
- Driving
- Sleeping
- Reaching, lifting & gripping
- Continual pressure/stagnant position
- Hobbies
- Some sports/athletics



Sleeping on Your Back

@factsofttraining



Sleeping on Your Stomach

@factsofttraining



Sleeping on Your Side

@factsofttraining

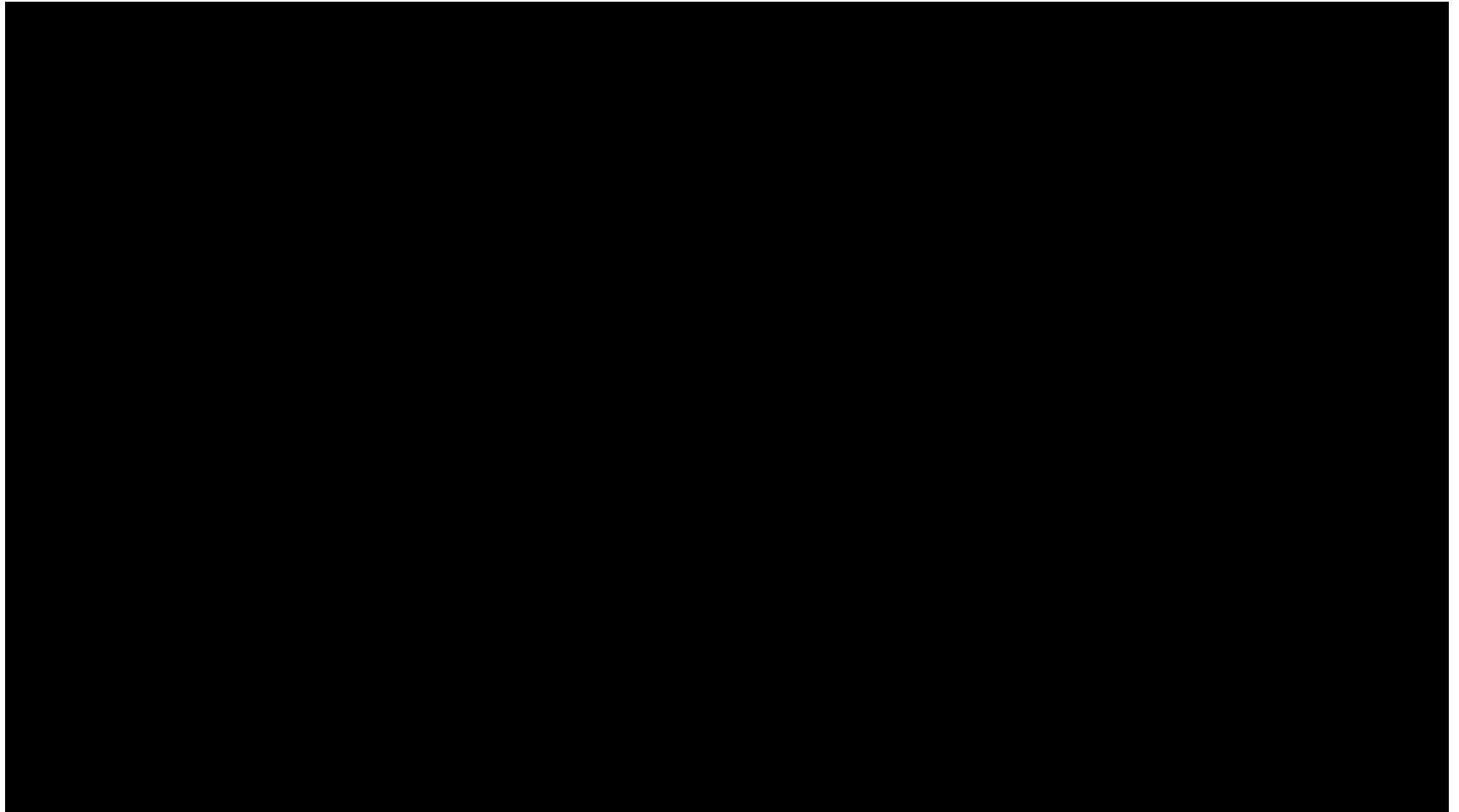


correct



incorrect

Blood flow & circulation



Head's up! Poll #1

RSI's for Office Workers

Carpal Tunnel Syndrome: Tingling, pain or numbness in thumb and first three fingers due to compression of median nerve as it passes through a bony “tunnel” in the wrist. Caused by mousing, keying, hammering, playing musical instruments, etc.

Cubital Tunnel Syndrome: Tingling, pain or numbness radiating into the ring and little fingers due to compression of the ulnar nerve below the notch of the elbow, e.g., the “funny bone”. Caused by resting on the forearm on a hard surface.

Thoracic Outlet Syndrome: Arm numbness and restricted muscle activity due to reduced blood flow caused by compression of nerves and blood vessels between the collarbone and first two ribs. Caused by keying, mousing, hunching over, carrying heavy loads.

RSI risks for Healthcare workers

- Overreaching, rather than moving
- Physically stressful input styles
- Prolonged standing and walking
- Sitting and twisting with or without a load
- Sitting and lifting
- Awkward neck positions (lab work)
- Squatting or bending over

According to the Bureau of Labor & Statistics: “They (registered nurses) exhibit a higher-than-average risk of sustaining musculoskeletal disorders.”

RSI's for Healthcare workers

- Sprains, strains & tears
- Slipped discs
- Shoulders and back are the most affected areas
- Knees also pose a risk of injury

Tips for reducing your risk

1. Be mindful of posture & stress
2. Stay active
3. Maintain a healthy weight & a healthy back
4. Gently stretch throughout the day
5. Take brief walks every hour
6. Try using your non-dominant hand to mouse
7. Request an ergonomic evaluation
8. Utilize proper lifting technique

Write Your Ritual

Tips for writing rituals

1. Make them SMART
2. Few at a time
3. Focus on what you want, not what you don't want
4. Create a supportive environment

Writing a Ritual

Your Ultimate Mission



Write Your Ritual!

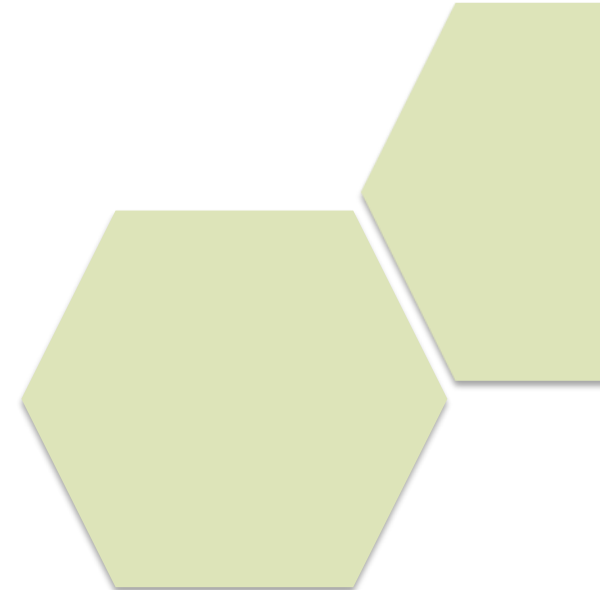
Examples:

- I will use my non-dominant hand to mouse for 5 minutes every hour.
- Every 30 minutes I will stand and stretch for 5 minutes.
- Before lifting a patient, box or other heavy object I will remind myself of proper lifting technique.

In summary...

When it comes to RSI's...repetition is NOT the key to success.

Track your rituals



Ergonomic Evaluation Requests

Requirements:

1. Complete all 6 classes of Ergonomics 101
2. Complete the Virtual Workstation Evaluation Request Form

Virtual Workstation Evaluation contact:
employeeewellness@harrishealth.org

Non-office/Industrial Evaluation contact:
suzanne.young@harrishealth.org

Resources

Ergonomic Resources

[OSHA eTools for Posture](#)

[OSHA Workstation Checklist](#)

[OSHA - Computer Workstations](#)

[Driving Ergonomics](#)

[OSHA - Controlling Ergonomic Hazards](#)

[Postural Correction](#)

www.common sense media.org

[Back Safety for Healthcare](#)

[Virtual Workstation Evaluation Request Form](#)

Stress Management Resources

- Employee Assistance Program
Online: www.feieap.com,
 - 800.638.3327
 - Username: hhs
- Well Powered Living
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching:
855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

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