



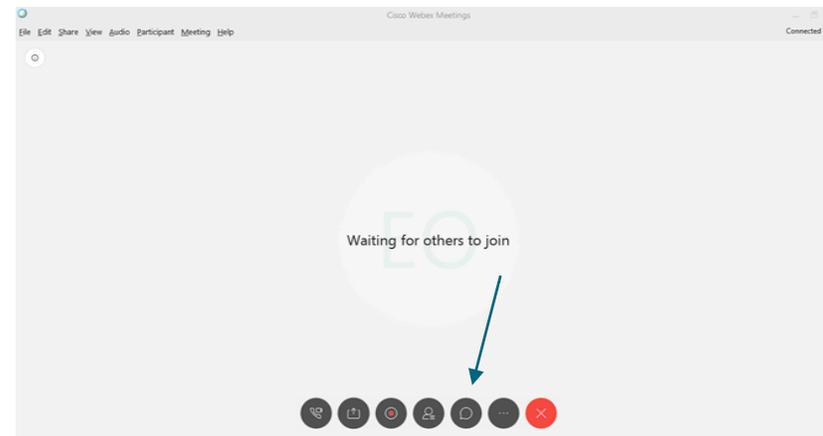
# Ergonomics 101 – Preventing Repetitive Stress Injuries (RSI's)

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...

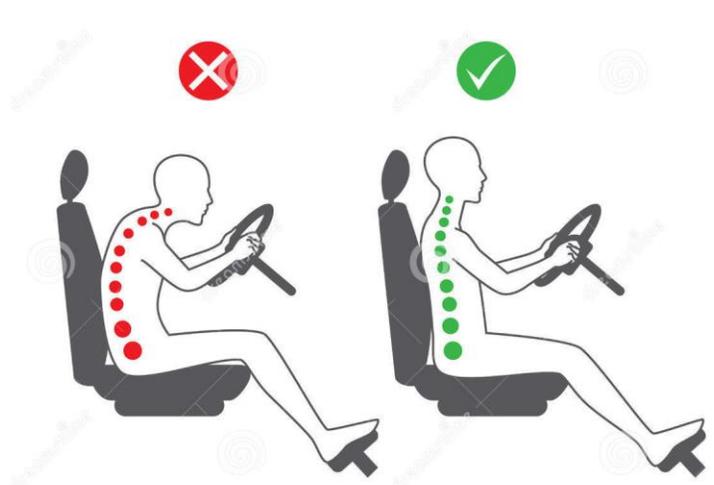
**Merriam-Webster: any of various painful musculoskeletal disorders (such as carpal tunnel syndrome or tendinitis) caused by cumulative damage to muscles, tendons, ligaments, nerves, or joints (as of the hand or shoulder) from highly repetitive movements**

**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.**

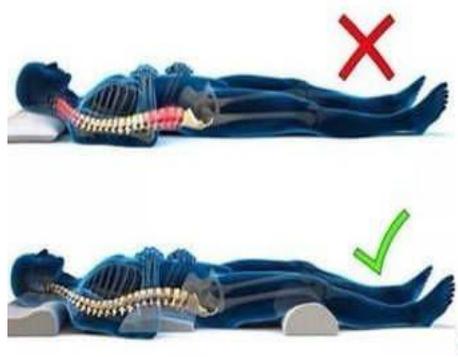
# Most common repetitive activities

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



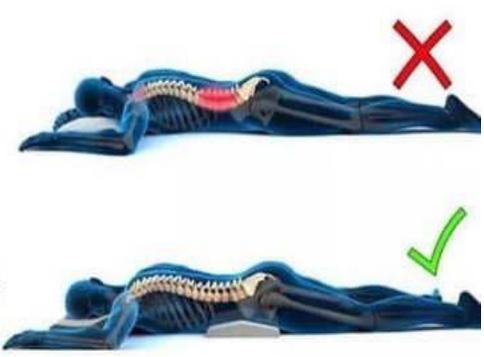
### Sleeping on Your Back

@factsoftraining



### Sleeping on Your Stomach

@factsoftraining

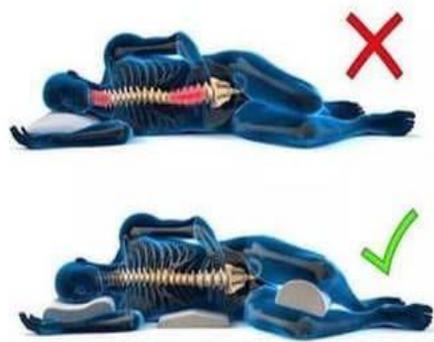


correct

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### Sleeping on Your Side

@factsoftraining



# 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



# Write Your Ritual!

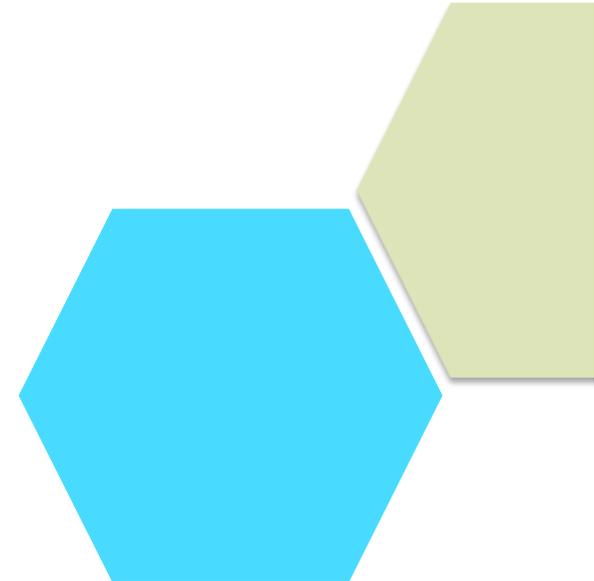
## Examples:

- 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:  
[employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org)

Non-office/Industrial Evaluation contact:  
[suzanne.young@harrishealth.org](mailto: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](http://www.common sense media.org)
- [Back Safety for Healthcare](#)
- [Virtual Workstation Evaluation Request Form](#)

## Stress Management Resources

Employee Assistance Program

- Online: [www.feieap.com](http://www.feieap.com),
- 800.638.3327
- Username: hhs

Well Powered Living

Cigna Behavioral Health

- Visit [myCigna.com](http://myCigna.com) or call the toll-free number on your Cigna ID card.
- Call Cigna Behavioral at **800.274.7603**.
- Go to [Cignabehavioral.com](http://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](mailto:Latecia.Murphy@harrishealth.org)

Contact Us!

**HEALTHY@HARRIS**

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346-426-1597

[employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org)

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