

Risk Control Bulletin

Common Cumulative Trauma Disorders and Occupational Activities

RISK CONTROL



Disorder	Body Activities	Typical Job Activities
Carpal Tunnel Syndrome	repeated wrist flexion or extension, rapid wrist rotation, ulnar or radial deviation, forceful wrist motions and deviation, direct pressure to the palm, forceful or repeated pinch gripping of objects	carpentering, butchering, hand washing or scrubbing, hammering, grinding, buffing, typing, keying, packing, sanding, assembly work, playing musical instruments, brick laying, polishing, cutting or trimming
Epicondylitis (tennis elbow, golfer's elbow)	radial wrist pronation and extension, forceful wrist extension, repeated supination and pronation, jerky throwing or impacting motions, forceful wrist extension with forearm pronation	turning screws, small parts assembly, hammering, meat cutting, garment cutting, playing musical instruments, tennis, bowling, golf
Pronator Teres Syndrome	rapid pronation of the forearm, forceful pronation, pronation with wrist flexion	buffing, grinding, polishing, soldering, sanding
Neck Tension Syndrome	prolonged static posture of the neck/shoulder/arm, prolonged carrying of load on shoulder or in the	typing, keying, small parts assembly, packing, load carrying in hand or on shoulder, belt conveyor assembly
Shoulder Tendinitis, Rotator Cuff Syndrome	shoulder abduction and flexion, arm extended, abducted or flexed in the elbow more than 60 degrees, continuous elbow elevation, work with the hand above shoulder, load carrying on the shoulder, throwing ob-	overhead assembly, overhead welding, overhead painting, overhead auto repair, punch press operations, construction work, lifting, postal letter carrying, repetitive reaching
Tendonitis in the Wrist	forceful wrist extension and flexion, forceful ulnar deviation	assembly work, wiring, packing, core making, use of pliers, punch press operations



Disorder	Body Activities	Typical Job Activities
Tenosynovitis, DeQuervain's Syndrome, Ganglion	repetitive wrist motions, forceful wrist extension and ulnar deviation while pushing or with supination, wrist flexion and extension with pressure on palm, rapid wrist rotations	polishing, sanding, buffing, grinding, sawing, cutting, butchering, use of pliers, forceful hand wringing, punch press operation, operation of turning controls such as gas feed on a motorcycle
Radial Tunnel Syndrome	repetitive wrist flexion with pronation or supination of the forearm	use of hand tools
Thoracic Outlet Syndrome	carrying heavy load in the hand, carrying load by shoulder strap, hyperextension of the arm, shoulder flexion, prolonged restricted posture of the upper body and arm, reaching overhead	typing, keying, overhead assembly, overhead painting, overhead welding, overhead auto repair, playing musical instruments, truck driving, stacking, material handling, carrying heavy loads, polishing, grinding, buffing, sanding
Trigger Finger	repetitive finger flexion, sustained bending of the distal finger phalanx while more proximal phalanges are straight	operating hand-tool with finger trigger, using hand-tools where the handle opening is too large for the hand
Ulnar Nerve Entrapment, Guyon Tunnel Syndrome	prolonged flexion and extension of the wrist, pressure on the hypothenar eminence, sustained elbow flexion with pressure on the ulnar groove	carpentering, playing musical instruments, brick laying, use of pliers, soldering, hammering
White Finger Syndrome, Reynaud's Disease	gripping of vibrating tool or par, using hand tool that hinders blood circulation	chain sawing, jack hammering, use of vibrating tool, sanding, paint scraping, using tool too small for hand in a cold environment

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