



## TOOLBOX TALK #17

Monday Morning Safety Reminders

Vol. 1 No. 17

### REPETITIVE MOTION

One of the areas that OSHA has become more interested in is “repetitive motion injuries”. These injuries are primarily of concern in jobs involving highly repetitive motions over a period of time. This hasn't been a major concern in the construction industry, and we are not aware of any major exposure to these types of injuries on our job sites, but we want to make sure it stays that way.

Repetitive motion injuries fall into that category of cumulative injury that we have talked about before. Performing the same task, using the same motion, over and over for a long period of time can result in the development of injuries to muscles, tendons ligaments, joints and nerves. Turning a wrench or a screwdriver is one example in our job that might fall into this category.

No one should become alarmed. Tightening a nut isn't going to cause a repetitive motion injury. However, if you find yourself on a big job or a series of smaller jobs requiring you to perform the same motion-related tasks for an unusually lengthy period, take some periodic breaks to stretch and relax your muscles. If it's possible, rotate with a co-worker from time-to-time to switch to another task that you are qualified to perform. If the tools you work with are causing discomfort, tell us. There are specially designed hand tools in the marketplace today just for people like us who use them all day long, day after day. They are made for the purpose of reducing the likelihood of repetitive motion injuries.

Pay attention to your body. Many of the things we do involve exerting pressure, applying force, twisting, turning, rotating, bending, lifting, etc. We use power tools and equipment that cause vibration. These are not things to fear, but to respect. If you develop pain or discomfort, stop, and report it, so that we can act to prevent repetitive motion injuries from becoming a problem.

Facilitator Notes: Demonstrate some examples of repetitive motion, such as with a screwdriver or wrench and note the joints and muscles used. Discuss possible ways to reduce repetitive motions and solicit input from your crew. Don't alarm anyone, but don't take the matter lightly either. Impress on your crew that this is another potential form of injury that your company is committed to preventing.

**Additional Notes:** \_\_\_\_\_  
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**Crew Member Comments:** \_\_\_\_\_  
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**Presented By:** \_\_\_\_\_ **Date/Time** \_\_\_\_\_

**Attendees:** \_\_\_\_\_  
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List additional attendees on back of sheet