

JOB HAZARD ANALYSIS (JHA): Ice Age National Scenic Trail

Carpal Tunnel Syndrome: IATR-09

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Approved By: Eric Gabriel, Superintendent

Required Personal Protective Equipment (PPE): Ergonomic wrist cushions, etc.

Tools and Equipment: Typewriters, computer keyboards, computer mouse

Sequence of Job Steps	Potential Hazards/ Injury Sources	Safe Action or Procedure
<p>Typing, keyboarding, use of computer mouse</p>	<p>Repetitive Motion</p>	<p>Avoid activities requiring excessive up-and-down or side-to-side movements of the wrist.</p> <p>Position hands properly while working. The arm, wrist and hand should remain in a straight line; bending may cause friction against nerves leading to inflammation.</p> <p>Take frequent, short breaks from the activity Avoid direct pressure on the heel of the hand, such as pressing hard on a seat surface to rise from a chair.</p> <p>Avoid wearing restrictive watchbands, jewelry, or clothes with tight elastic sleeves.</p> <p>Learn to use the computer mouse sensibly:</p> <ul style="list-style-type: none"> • Choose a mouse that allows you to work with an open, relaxed hand posture • Don't squeeze or grip the mouse between your thumb and little finger • Don't twist the mouse side-to-side; move the mouse with the entire arm • Don't use a wrist rest; this doubles the pressure inside the carpal tunnel • Keep the mouse close to the keyboard; don't stretch out to the side of the desk