

JOB HAZARD ANALYSIS (JHA)		Date: November 14, 2008	
Park Unit: North Country National Scenic Trail			
JOB TITLE: <b>Carpal Tunnel Syndrome</b>		JHA Number: <b>NOCO-09</b>	Page 1 of 2
Job Performed By: Various VIPs	Analysis By: Daniel W. Watson	Work Supervisor: Various	Approved By:
Required Standards and General Notes:			
Required Personal Protective Equipment:			
Tools and Equipment:	Typewriters, computer keyboards, computer mouse		
Sequence of Job Steps	Potential Hazards/ Injury sources	Safe Action or Procedure	
1. Typing, keyboarding, use of computer mouse.	O = Repetitive Motion	<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</p> <p>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"> <li>• Choose a mouse that allows you to work with an open, relaxed hand posture</li> <li>• Don't squeeze or grip the mouse between your thumb and little finger</li> <li>• Don't twist the mouse side-to-side; move the mouse with the entire arm</li> </ul>	

		<ul style="list-style-type: none"> <li>• Don't use a wrist rest; this doubles the pressure inside the carpal tunnel</li> <li>• Keep the mouse close to the keyboard; don't stretch out to the side of the desk</li> </ul>

Injury Source for the middle column: SB= Struck By, SA = Struck Against, CBY = Contacted By, CI = Caught in, CB = Caught Between, CO = Caught On, FB = Fall to Below, CW = Contacted With, O = Overexertion or Repetitive Motion, FS = Fall at the Same Level, BR = Bodily reaction E = Exposure to Chemical, Noise etc.