

Ergonomics for Repetitive Motions

The objective of ergonomics is to adapt the job and workplace to the worker by designing tasks, workstations, tools, and equipment within a worker's physical capabilities and limitations.

Injuries resulting from tasks that require a high level of repetitive motion, also known as **Repetitive Motion Injuries (RMI)**, can be very debilitating to an employee and should be avoided.

In any physical work environment, ergonomics and reducing or preventing RMI's are key challenges. Engineering and administrative controls, as well as implementing safeguards, can reduce worker injuries.

Preventative RMI Measures

More than half of all U.S. workers are susceptible to injury when work requires tasks that involve highly repetitive motions. Anyone whose job demands a lot of repetitive wrist, hand, and arm motion might be a potential victim of an RMI, so the following steps can be taken to curb or limit an employee's exposure to highly repetitive tasks:

- Use mechanical assists and implement engineering controls wherever possible.
- Maintain good body posture.
- Look for RMIs in your job and other jobs and share them with your supervisor.
- Participate in a job analysis for all "at risk" positions.
- Participate in training with an ergonomic professional or health care provider.
- Report early signs and symptoms of a complication to a manager/supervisor.
- Remember to take and practice micro-breaks and stretch periods.
- Participate in a job rotation schedule.
- Reduce or be sensitive to excessive stressful work environments and adjust accordingly.

By following the above preventative measures, you can reduce and even prevent the RMIs in your workplace.

