

HSSE LESSON LEARNT

WRIST AND NECK PAIN DUE TO IMPROPER POSTURE

WHAT HAPPENED?

An employee in a shop floor facility uses a combination of an Allan wrench and power wrench to insert several hex screws. When interviewed, the worker explained that he used the power tool to insert the hex screws to a determined position. Afterwards, he finished the insertion using the Allan wrench with a determined torque. This task causes the worker much wrist and elbow movement combined with the repetitive nature of the task. The Rapid Upper Limb Assessment (RULA) model was applied to this posture; the results indicate that changes are required soon. Specifically, of concern are the wrists position and its repetitive movement, and the posture of the neck.

CAUSE?

- Repetitive nature of the task
- Improper posture of the neck
- Vibration of power hand tool
- Excessive exertion of a sustained force on a hard surface

RELATED HAZARD?

- Fatigue
- Chronic muscle, tendon and nerve disorders
- Carpal Tunnel Syndrome (CTS)

WHAT CAN WE LEARN?

- Design handles that make use of the maximum strength capability of the hand by featuring a power or oblique grip involving the palm.
- Reduce the vibration from a powered hand tool, such as an electric drill as far as this is practical.
- Design tools to reduce the need to exert a sustained force on a cold and hard surface.

Reference: A case study of an ergonomic evaluation for a shopfloor facility



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