

SAFETY TALK A TOPIC FOR TOOL BOX AND SAFETY MEETINGS

ExonMobil

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Avoiding Carpal Tunnel Syndrome

The nerves that run through the soft tissue area of the wrist area are dsensitive to external pressure. Placing undue and prolonged pressure on these nerves can lead to Carpal Tunnel Syndrome.



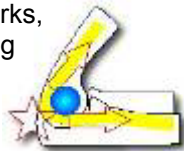
Soft tissue area is 2 in (5 cm) below the hand.

Advice to prevent pressure on these nerves includes:

- Not keeping your wrist on your mouse pad, palm support or your desk.
- No matter how soft the surface, any pressure on the soft tissue area of the wrist can lead to an ergonomic illness or injury.
- If you do need to rest your hand while you type, use the palm of the hand, using as little pressure as possible.



Cubital Tunnel Syndrome is a condition brought by pressure on the ulnar nerve at the elbow. When the pressure on the nerve becomes great enough to disturb the way the nerve works, numbness and tingling may be felt in the hand, fingers elbow and/or forearm.



Symptoms for either Carpel or Cubital Tunnel Syndrome can include tingling and numbness as well as pain and loss of grip strength.

Contact your supervisor immediately if a symptom occurs.

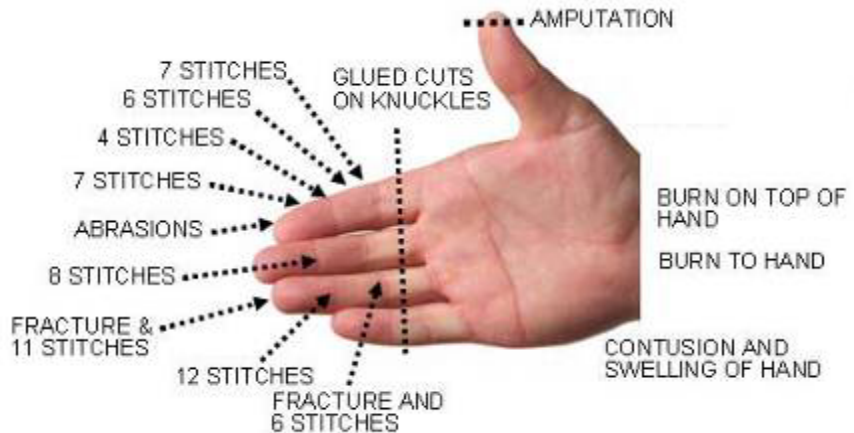
Hands continued to be most injured body part

Hand injuries were less than in 2008, but continued to be the most injured body part (38 percent) in 2009. What actions can you do to prevent this trend from happening this year?

How can your hands get hurt, and what is the worst thing that can happen if you injure them? These are fundamental questions to ask yourself while doing an SPSA and what you need to do to ensure your hands do not get hurt.

Last year, most hand injuries were due to hands being in the line of fire resulting in an amputation, cuts and broken fingers.

Location of hand injuries in 2009



GRAF hand PPE requirements:

Gloves with the minimum rating standard must be "Always Ready and Available." These ratings are in the Choose the Right Glove Guide within the [Hand Injury Prevention Guidelines](#).

What actions can you do now?

- Evaluate potential hazards to you and your co-workers hands.
- Provide and use the right gloves for the task.
- Review JSAs to identify hand hazards and specific actions and personal protective equipment to address them.
- Conduct "hands-on" training at work location and with equipment to identify and discuss hazards.

