



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

CUMULATIVE TRAUMA INJURIES

Cumulative trauma injuries occur from repeated minor injuries over a period of time. These injuries can occur from working in an awkward position or lifting incorrectly. The act of repeating unhealthy positions or movements may turn the small injuries in to larger problems over a period of time. Now is the time to change the unhealthy movements and positions before more serious injuries can occur.

A vast majority of cumulative trauma injuries are preventable with proper planning, training and education. Two “common sense” methods to preventing injury include Office Ergonomics and Worksite Stretching.

Ergonomics is the interaction between workers and the objects they use in their work environment. An effective ergonomics program should include four parts:

1. **Worksite Analysis:** The objectives of a worksite analysis are to recognize, identify and correct all ergonomic hazards.
2. **Hazard Prevention and Control:** Redesign workstations and tasks so potential hazards are eliminated before an injury occurs.
3. **Medical Management:** Allows for early detection of injuries so that they can be treated before they become more serious. It will also prevent future problems from developing.
4. **Training and Education:** Provides an overview of the potential risk of illnesses and injuries, their causes, early signs and symptoms, means of prevention and treatment.

It has also been determined that physical conditioning can affect your risk for developing a cumulative trauma injury. Muscle strains and sprains occur when muscles are poorly conditioned or overworked. Worksite stretching is a good way to increase joint flexibility, therefore reducing your risk of injury.

We have attached three tools to assist you in performing stretching techniques and evaluating your office ergonomic setup:

1. Worksite Stretching Poster
2. Office Ergonomics Poster
3. Ergonomics and Workstation Checklist

Please prominently display the posters and encourage your employees to follow these guidelines for a safer workplace. If you are able, please make copies of the “Ergonomics and Workstation Checklist” and distribute to all your office employees. This checklist is a great tool to assist you in identifying potential problems and will hopefully give you time to take corrective action prior to a cumulative trauma injury occurrence. By combining worksite stretching techniques and a comprehensive ergonomics program, your employees can feel better and at the same time reduce the risk of cumulative trauma injuries from occurring.

For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7