Nonprofit Safety Hero

6 Tips to Avoid Repetitive Motion Inuries

When you look around you, you'll see many examples of repetitive motion. A repetitive motion is one that repeats at least every 30 seconds. Alex over here, scooping rice out of a bin into bags and fastening them with a twist tie. One of your volunteers is sitting at a computer. Entering data. Another volunteer is putting labels on products.

A checkout person is swiping barcoded items. An administrator is using a mouse to click through online forms. If they're not set up correctly, these repetitive tasks can take a toll on their hands, causing swelling, numbness, pain, or pain. Take a moment to identify one repetitive motion that's part of a typical task in your organization.

Write it down. Now, describe the task in slow motion, naming the aspects that might cause strain on a body part. In the guide, we've provided a list of six solutions to repetitive motion. Which of the following six could you use to address the task you just described?

Eliminate unnecessary motions.

Automate the task.

Enlarge the job, giving the person more different tasks.

Use power tools instead of hand tools.

Spread repetitive work throughout the day.

Change hands or movements frequently.