

**OFFICE ERGONOMICS: PREVENTING REPETITIVE  
MOTION INJURIES & CARPAL TUNNEL SYNDROME**

Gayle Lynne Smits

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### **What is the difference between RSI and carpal tunnel syndrome?**

**| Metro News**

Office ergonomics: preventing repetitive motion injuries & carpal tunnel syndrome. byOrr, Susan; VanEs, Howard Allan.  
Publication date

### **Carpal Tunnel Syndrome : OSH Answers**

Office Ergonomics: Preventing Repetitive Motion Injuries & Carpal Tunnel Syndrome. Office Ergonomics: Preventing Repetitive Motion Injuries & Carpal Tunnel.

## **Safety and Health Topics | Ergonomics | Occupational Safety and Health Administration**

Repetitive strain injury can affect more than just your hands and wrists. Many people mistakenly equate RSI with carpal tunnel syndrome, even . Check with your employer's ergonomics office, to see if you can receive a similar discount.

### **AFSCME | Injuries Caused by Poor Ergonomics**

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You may also be able to switch hands now and then when using some tools. Share the

Most occupations have been studied in detail and have guidelines for reducing worker stress while doing specific tasks. Don't wait till you have symptoms to take preventive measures. I almost gave up twice.

Musculoskeletal disorders and workplace factors: a critical review of epidemiology of the arm to push or pull, or overuse of the hand and wrist can irritate the nerve and cause pain. You get on your knees, lay your chest on the ball, put the rod on your back so that it makes contact with your rear, back, and head to keep the spine neutral.