

WEEKLY TAILGATE: PREVENTING REPETITIVE MOTION INJURY

Week of

CORPORATE MESSAGE

PREVENTING REPETITIVE MOTION INJURY



Stretch all your muscle groups before beginning work. Use flexing exercises as part of your morning stretches.



The best prevention of carpal tunnel syndrome is to exercise all muscle groups evenly before a problem occurs.



Anti-vibration systems are helpful. Wearing heavy duty gloves, especially when using chain saws, is a best practice that can also help prevent these injuries.



Any activity that is done repetitively for a significant length of time can inadvertently lead to cramping or stiffness. Be sure to take a break, flex and stretch other muscles to avoid sudden strains.

SAFETY VIDEOS

English: vimeo.com/townsendcorp/30ne

Spanish: vimeo.com/townsendcorp/30ns

GOALS REGIONAL/LOCAL OPERATIONS

Last Week

This Week

IMPORTANT REMINDER

DAILY SAFETY NUGGETS

MONDAY

What is one of the best ways to prevent repetitive motion injuries? Stretching all muscle groups helps to prevent these injuries. Do not use small ball gadgets but stretching exercises in the tailgate session can be useful.

TUESDAY

What PPE can you wear to reduce vibration when operating a chainsaw? Heavy duty work gloves

WEDNESDAY

What is another name for vibration syndrome? "White finger"

THURSDAY

TRUE/FALSE... Awkward postures can contribute to repetitive motion injuries. TRUE

FRIDAY

TRUE/FALSE... One exercise you can do is to place your hand flat on a table and stretch the muscle by leaning over your hand. TRUE

SATURDAY

What is a common cause of cramping and muscle strain? Dehydration can lead to muscle cramps and eventual muscle damage.

DRIVE SAFETY TIP

Practice Defensive Driving!

Remember the Smith Keys to Safe Driving...

1. Aim High in Steering
2. Keep Your Eyes Moving
3. Get the Big Picture
4. Leave Yourself an Out
5. Make Sure They See You

PREVENTING REPETITIVE MOTION INJURY

Weekly Tailgate Sign-in

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Location: _____

Supervisor: _____

Date: _____

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