



8. Posture - elbows, forearms, hands & wrists



What do you see or notice in terms of:

Note: For background information, see other side.

- the position of the elbows and forearms?

- the position of the hands and wrists?

In conclusion, the current situation

is acceptable

needs improvement

What *specific* improvements can be made?

Should we analyze the situation or the proposed solutions in more detail?

no

yes - more detail on other side





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We looked at ...	Why be concerned? (consequences)	Recommendations
Position of the elbows and forearms	<p>If the arms are pressed against a surface or the sharp edge of a table:</p> <ul style="list-style-type: none">• compression of the nerves & tendons• pain & tingling feelings <p>If there is frequent rotation of the forearms:</p> <ul style="list-style-type: none">• inflammation of the tendons (epicondylitis, a.k.a. tennis or golfers' elbow)	<ul style="list-style-type: none">• Provide support for the elbows when doing work that involves data entry, typing or using the mouse• Remove tasks that force the forearms to rotate• If the forearms must be extended, provide support for the elbows.• Round off edges of tables, desks and benches if people are leaning elbows & forearms on them• Use tools that allow the forearm to be bent at about 90° or more
Position of the hands and wrists	<p>If the hands or wrists are always flexed (not in a neutral position):</p> <ul style="list-style-type: none">• friction of the nerves and tendons• less force possible• makes the task more tiring and difficult	<ul style="list-style-type: none">• Bring materials and tools closer to the worker• Choose tools that have bent handles so that the wrists can be straight• Put the task at an angle• Organize the work so workers can change positions• Provide wrist supports• Round the edges of work surfaces

Translated and adapted from SOBANE materials, available at www.sobane.be/fr/tms_obs.html

