

It Doesn't Take Much Force To Cause A Head Injury

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**By News Canada**

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For more information about safety on wheels, call Safe Kids Canada at 1 888 SAFE TIPS or visit [www.safekidscanada.ca](http://www.safekidscanada.ca)

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### Causes:

Repetitive tasks – small, rapid movements that are repeated over and over.

Awkward sitting or standing positions – working in an awkward position or not moving regularly.

Heavy moving – using force or moving heavy loads.

Lack of rest time – no time to take a break during work or activity.

### Symptoms:

Stiff or tight muscles in hands, wrists, fingers, forearms, elbows or shoulders.

Tingling and/or coldness in hands.

Loss of coordination in hands.

Pain.

### Solutions:

Make sure your work station feels comfortable.

Take regular breaks before pain or discomfort develops.

Take time to gently stretch and exercise during those breaks.

Slide or roll objects, if possible.

For more information on Arthritis in the Workplace, call us:

The Arthritis Society Information Line – 1-800-321-1433 or log on to

[www.arthritis.ca](http://www.arthritis.ca)

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