

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Repetitive Strain Injury

By News Canada

Repetitive Strain Injury

by: News Canada

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.

Repetitive Strain Injury

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

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas for Television, Print, Radio, and the Web.

News Canada

is a niche service in public relations, offering access to print, radio, television, and now

News Canada

and learn more about

the NC services.

Eliminating Repetitive Strain Injuries In The Workplace

By Jeff P. Anliker, LMT

Stay Healthy!

<http://www.repetitive-strain.com>

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!