

# REPETITIVE MOTION



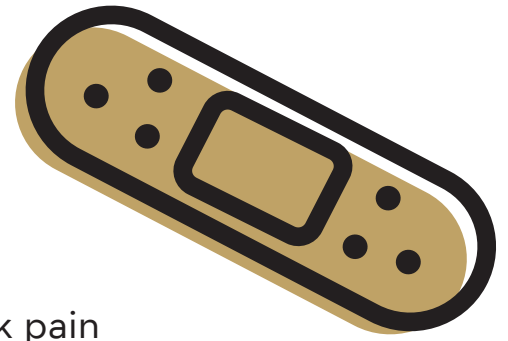
## INJURIES



### REPETITIVE MOTION INJURIES:

Injuries caused by performing the same motion over and over. These conditions are caused by overuse, without adequate recovery. Low back strain due to repeated lifting, especially with poor technique, is an example.

- Suzanne Tanner, M.D. (Mayo Clinic)



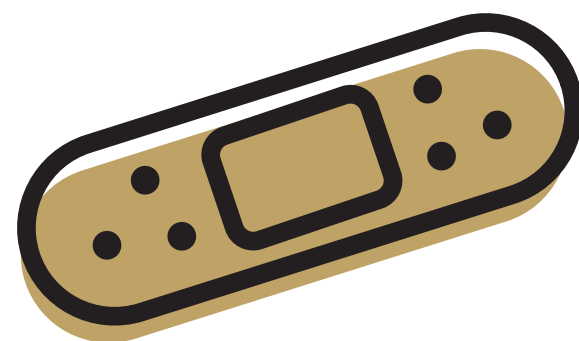
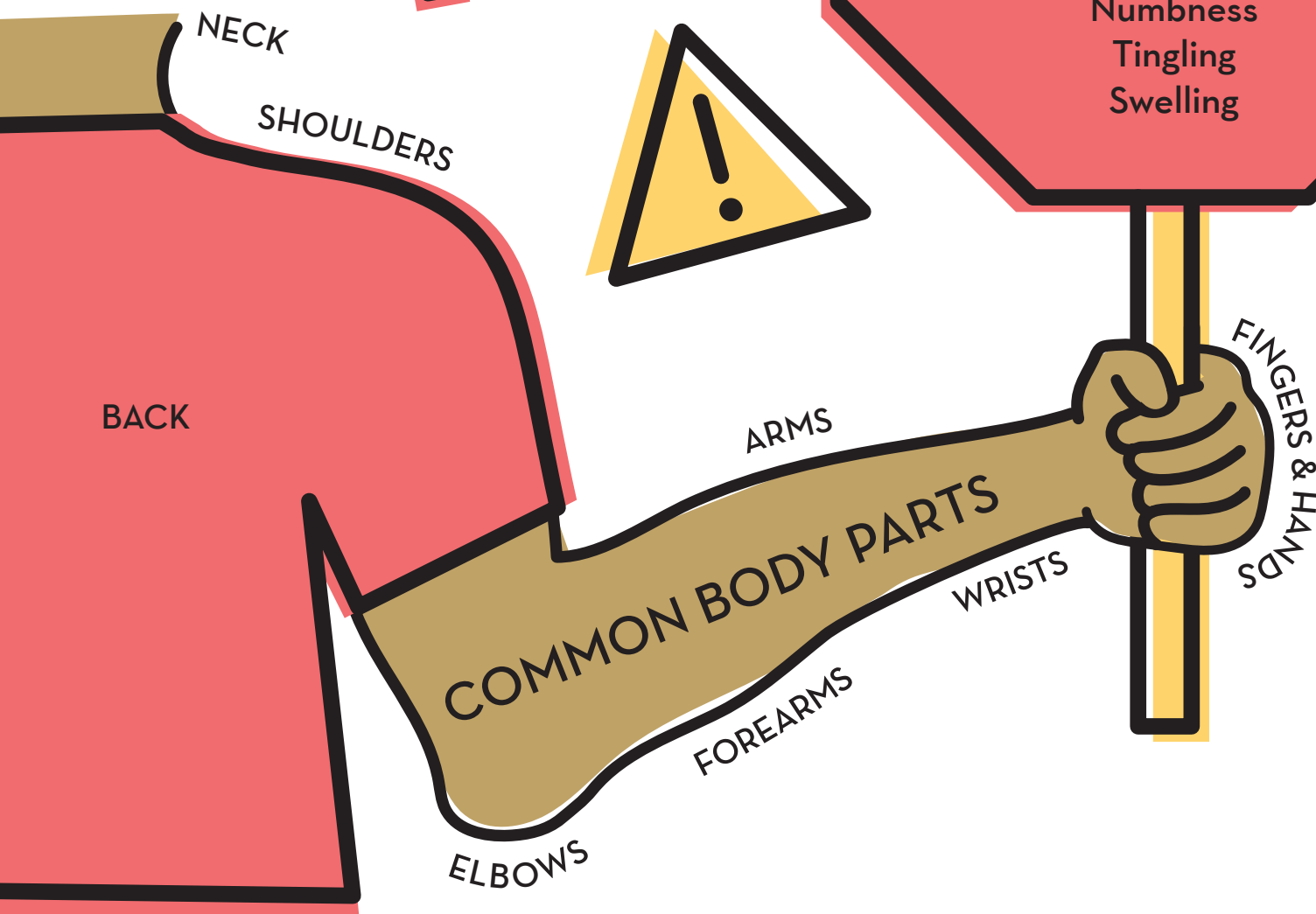
### PREVENTION METHODS:

- ◆ Engage abdominal muscles in the core and stomach frequently to prevent back pain
- ◆ Stretch before beginning work
- ◆ Work at a comfortable height
- ◆ Avoid bending over frequently
- ◆ Push/pull rather than lift.
- ◆ Don't stay in one position too long
- ◆ Bend knees while lifting



### CAUSES:

- Poor posture
- Hot, cold or wet conditions
- Fatigue
- Long shifts



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