

Long-term Injury:

The effects of repetitive movement in the workplace

Long-term injuries can occur from repetitive movements caused by excessive bending, lifting, working in an assembly line, and standing for long periods of time.¹

Examples of agricultural activities involving repetitive movements include:

- The operations of a milking parlor
- Repeated use of hand tools requiring wrist movement and grip strength, such as pruning or pulling weeds
- Tending to animals, such as tagging livestock, feeding, and cleaning pens
- Alternate repetitive tasks with other work tasks
- Manually transferring bales or heavy equipment

The stress of these motions can cause aches and pains, loss of joint movement, numbness and tingling, decreased flexibility, and limited strength.

Prevention strategies include:

- **Use proper body mechanics:**
This is helpful when you are bending, lifting, or twisting.
- **Use appropriate gear:**
Knee pads or a padded mat are useful when kneeling on hard surfaces.
- **Keep materials within reach:**
Avoid overextension of the arms.
- **Schedule breaks throughout the day:**
If standing or sitting for long periods of time, schedule 5 - 10 minutes to walk and/or stretch throughout the day. Alternate repetitive tasks with other workers.

How can I prevent a long term injury?

- Healthy sleep patterns 
- Active lifestyle 
- Acknowledge pre-existing injuries or diseases
- Have a balanced and nutritious diet 
- Effectively manage stress 
- Be aware of your limitations 
- Safe medication management 

Resources

NHS. (2018). *Repetitive stress injury: Overview*. Retrieved from <https://www.nhs.uk/conditions/repetitive-strain-injury-rsi/treatment>



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