If you do the same hand movements over and over on the job, you may suffer repetitive strain injuries such as carpal tunnel syndrome.

You may experience:
- aching wrists
- numbness in fingers
- hand weakness
- pain extending up the arm

Repetitive strain injuries are a problem for...
- painters
- textile workers
- word processors
- cashiers
- electronics assemblers
- others who work with their hands

What can you do about repetitive strain injuries?

Position your hands correctly...
- Adjust your work so you can keep your wrists and elbows straight.
- Use hand tools that are the right width, size and shape for you.

Give your hands a break...
- Pause and shake out your hands. Let them dangle.
- Do hand exercises.

Protect your hands from repetitive strain injury. The best time to start is before symptoms begin.