

Repetitive Trauma Disorders

Even if many of the preceding guidelines are followed, some workers may still experience Repetitive Trauma Disorders (RTDs). Careful management of their workload and work practices will be required.

- Rotate workers between jobs having different force requirements so no one person has to spend a full shift on the heaviest tasks.
- Train workers to recognize early signs of RTDs and report them immediately. This will allow that worker to be reassigned to a less stressful position until symptoms subside.
- Safe work practices that focus on the best way to safely do a highly repetitive task should be developed. All employees should be trained in these safe techniques.
- When people are starting a highly repetitive job with forceful exertions or are returning to work after more than two weeks' absence rotate them between several activities until their muscles, tendons and joints are accustomed to the work. A maximum of two hours of continuous work for a total of four hours per shift is recommended for the first few days on a highly repetitive job if musculoskeletal symptoms have been seen.

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