



Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is a painful condition that results when an important nerve is regularly disturbed. CTS starts slowly with pain, weakness, or numbness in the hand and wrist. Eventually the pain moves up the arm to other parts. CTS is viewed as one of the types of repetitive motion injuries. It frequently occurs in the hand and wrist

Main Points

Causes of Carpal Tunnel

Carpal Tunnel can be worse:-

- If the wrist is over-extended repeatedly
- By repeated motions of your wrists
- By poor positioning of your wrists when using a keyboard or mouse
- From prolonged exposure to vibrations from using hand and power tools

Symptoms of Carpal Tunnel

- The hands frequently falling asleep
- Numbness, tingling and pain in your thumb and first three fingers
- Pain and burning that travel up the arm
- Wrist pain at night that interferes with sleep

Discussion Points

Preventing Carpal Tunnel Syndrome

- Rest your hand periodically
- Recognise that tasks like electrical work and inserting caulking in windows require repetitive bending and flexing of the fingers and wrists that can lead to CTS
- Distribute the grip across the muscle from the base of the thumb to the little finger rather than just the centre of the palm, when using hand tools like screwdrivers or paint brushes
- Wear gloves to lessen the shock when using vibrating tools such as chippers or hammers.
- Minimise repetition of any movement and vary the position of the arm when performing an activity
- Keep your wrists in a neutral position rather than bent forward or backward to decrease pressure on the nerves
- Use a Palm and wrist rest when using a keyboard.

Computer users with Carpal Tunnel or Tendonitis will have pain or other sensations in the hand, wrist, forearm when using the mouse, keyboard or your smart phone. Computer users often unconsciously hold their mouse arm or hand in a fixed tensed position for extended periods as they are reading/working at the computer which may be significant in the cause.

Using a lightweight wrist brace provides compression, warmth and immobilisation, this relieves pressure in the carpal tunnel and provides relief to wrist injury symptoms.



Talk to Atlas about Safety Management for your business

📞 01823 299580 ✉ info@atlas-sm.co.uk 🌐 www.atlas-sm.co.uk

Atlas Safety Management Ltd.

Registered Office: Unit Z1 Westpark, Chelston, Wellington, Taunton, TA21 9AD. Company No: 9470014.

