



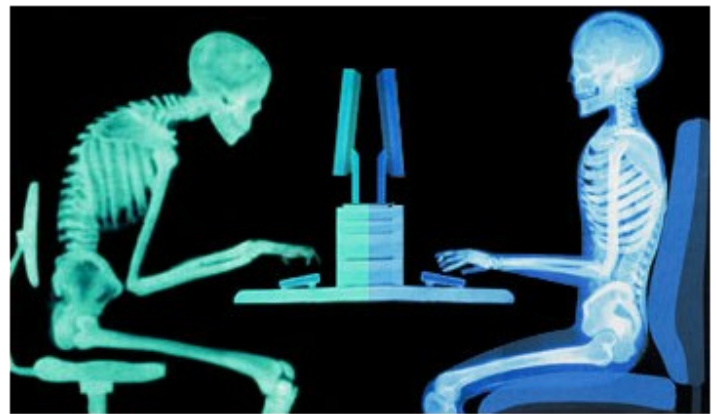
## Injury Prevention

Protecting yourself from injury usually starts with situational awareness. This can include: body posture, environment, hazard recognition as well as the interaction of these.

An important part of injury prevention is identifying the common causes of injury both personally and professionally. A good place to start is Musculoskeletal Disorders (MSDs).

### Examples of Musculoskeletal Disorders

- Carpal tunnel syndrome
- Tendinitis
- Rotator cuff injuries (affects the shoulder)
- Epicondylitis (affects the elbow)
- Trigger finger
- Muscle strains and low back injuries



### Musculoskeletal Disorders Defined

- Pinched nerve
- Herniated disc
- Sprains, strains and tears
- Pain, swelling and numbness
- Overexertion
- Repetitive motion
- Vibration exposure

### Ergonomics at Clark

- Request a work station ergonomic consultation from EHS (Includes: office, field work, shop environments, etc.)
- Professional Development (Higher Ed Works provides trainings about ergonomics: M-052 and M-063)
- Use a checklist to identify possible ergonomic hazards (an ergonomic checklist is available on Clark's Ergonomics webpage)

### Resources

[Ergonomics at Clark](#)

[OSHA: Ergonomics](#)

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**Don't learn safety by accident**