Ergonomic Training Outline

I. Cumulative Trauma Disorders
   A. Upper Extremities
   B. Low Back Pain
   C. Significant Financial Impact

II. Upper Extremities
   A. Strains - Irritation of Soft Tissues
   B. Compression Neuropathies
   C. Symptoms
   D. Carpal Tunnel Syndrome
   E. Treatment Protocol

III. Occupational Risk Factors
   A. Repetitive Motion
   B. Force
   C. Hand Position - Wrist Deviation
   D. Mechanical Insert
   E. Pinch - Precision Grip

IV. Non-Occupational Risk Factors
   A. Age
   B. Sex
   C. Cigarette Smoking
   D. Medical Conditions

V. Low Back Pain
   A. Idiopathic
   B. Nerve Root
   C. Cost

VI. Occupational Risk Factors
   A. Heavy Physical Work
   B. Static Muscle Loading
   C. Posture
   D. Vibration
   E. Acute Trauma

VII. Non-Occupational Risk Factors
   A. Age
   B. Sex – Female Bias
   C. Predisposing Medical Conditions

Our safety evaluations, reports and recommendations are made solely to assist your organization in reducing hazards and the potential of hazards and accidents. These recommendations were developed from conditions observed and information provided at the time of our visit. They do not attempt to identify every possible loss potential, hazard or risk, nor do they guarantee that workplace accidents will be prevented. These safety evaluations, reports and recommendations are not a substitute for ongoing, well-researched internal safety and risk management programs. This report does not warrant that the property inspected and its operations are compliant with any law, rule or regulation.

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