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FISTA UPPER EXTREMITY DISORDER TRAINING VIDEO

Logger Education Programs: video

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INTRODUCTION: Loggers and equipment operators are exposed to many repetitive motion injuries. In light of the federal Occupational Safety and Health Administration (OSHA) recent emphasis on ergonomic injuries, there is a need for the logging industry to become better informed in recognizing and preventing such injuries.

The Forest Industry Safety & Training Alliance, Inc., (FISTA) has produced a video entitled *Carpal Tunnel Syndrome and Other Upper Extremity Disorders in the Logging Industry* to help satisfy these needs and improve working conditions for loggers and other equipment operators in the forest industry.

GENERAL FEATURES: The purpose of the video is to increase operator awareness of the causes and symptoms of carpal tunnel syndrome and musculo-skeletal disorders (MSDs). Methods to alter techniques, tools, and equipment are suggested to reduce the risk of developing such injuries.

OPERATION: The video describes proper and improper operating positions and techniques that identify who is at risk and how to minimize that risk. Some symptoms that warrant attention and may be signs of serious injury are:

- 1) numbness, tingling, or pain that radiates from the shoulder to the elbow, or even the wrists and hands,
- 2) a "pins and needles" feeling in your hands,
- 3) a weak grip,
- 4) hands that seem uncoordinated.

These symptoms can be brought on by repetitious activity with your hands, wrists, and arms without pausing to rest or stretch. Other actions include constantly holding or tightly gripping an object without taking a break; holding your neck, hands or wrists in an

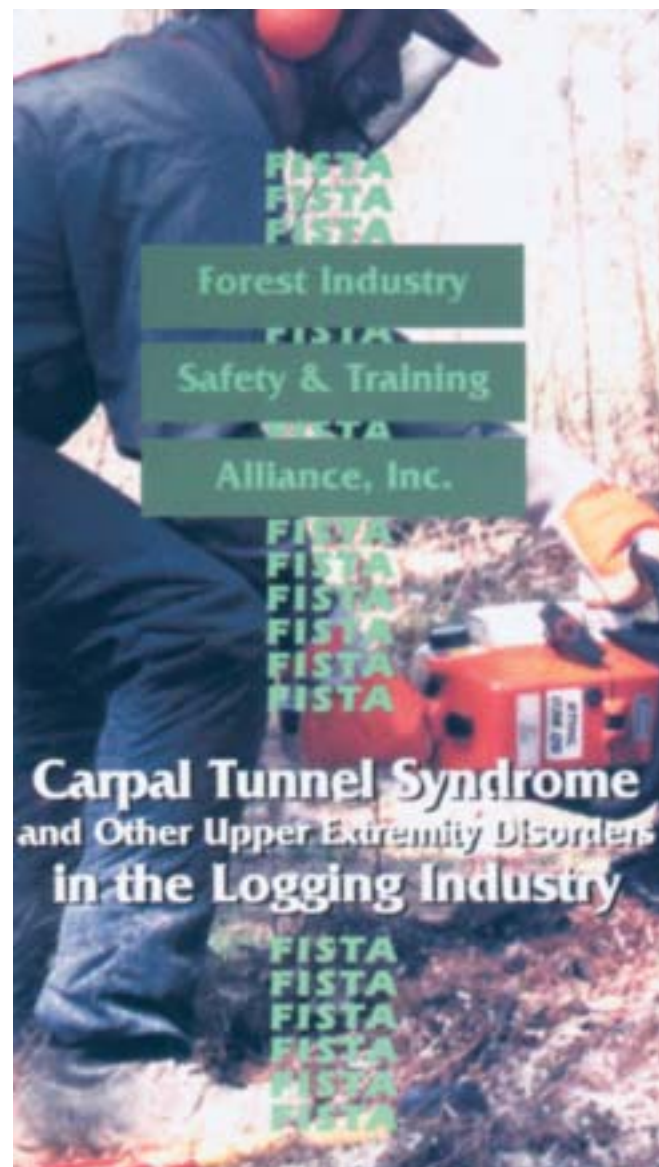


Fig. 1: FISTA's video reviews the risk and preventive measures associated with common forest industry ergonomic injury exposures.

awkward position for long periods of time; sitting in an awkward position for a long period of time; turning your head while in an awkward position; exposing your hands, wrists, and arms to frequent vibration; working in extreme temperatures; and the improper use of tools.

The video demonstrates a series of exercises and tips that will help prevent upper extremity disorders for machinery operators, foresters, mechanics, and chain saw operators. Some remedies discussed are:

- 1) Keep your wrists straight. Move your hands, wrists, and arms as one unit.
- 2) Avoid repetitious activities.
- 3) Take stretch breaks.
- 4) Avoid using a strong grip or pinch.
- 5) Change or modify tool handles.
- 6) Position your hands so the pressure is evenly distributed.
- 7) Never use your hand to hit, move, or jerk an object.
- 8) Minimize exposure to vibration.

APPLICATION: This video is useful for anyone that is subjected to repetitive motion in the upper body. Heavy equipment operators, foresters, loggers, mechanics, and truck drivers can directly benefit from the information provided. The video, with a running time of about 13 minutes, is a perfect topic for discussion during company safety meetings.

SPECIFICATIONS AND COSTS: This video is available for \$30.00 (plus \$4.95 shipping for the total order, regardless of number of videos ordered) from: Forest Industry Safety & Training Alliance, 6343 Highway 8 West, Rhineland, Wisconsin 54501, 1-800/551-2656.

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