

# Carpal Tunnel Syndrome Safety Topic



## Overview

Caused by a compressed or squeezed median nerve, carpal tunnel affects the forearm region into the hand/wrist. The irritation causes the carpal tunnel to restrict causing an individual pain, weakness/numbness in the hand to forearm region. An individual's dominant hand is more susceptible as are women to develop carpal tunnel.

## Causes

Carpal Tunnel affects many employees in an array of industries however those in the assembly line or clerical/data entry are at an elevated risk comparative to others. There are several causes associated with carpal tunnel...