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 compared to others. There are several causes associated with carpal tunnel…