Ergonomics Fatality File



Work-Induced Carpal Tunnel Syndrome

Carpal tunnel syndrome (CTS) is common in people working in a variety of professions. CTS is caused by frequent, repetitive movements of the upper limb, frequent bending and strain of the elbow, and hand-arm vibrations. Dentists, dental hygienists and dental assistants, soldiers, laboratory workers, and secretaries are some of those at risk due to their occupation. Presently described is a case with the diagnosis of work-related carpal tunnel syndrome.

The patient was 46 years old and female. She was referred to the occupational diseases polyclinic for a suspicious lesion on the lungs. She had a complaint of numbness in her hands. She was exposed to repeated hand-wrist movements and hand wrist force.

Testing led to a diagnosis of carpal tunnel syndrome. Musculoskeletal system diseases are common in occupational diseases. Employees are often exposed to various risks in the work environment and frequently systemically affected. This case is a clear reminder of the value and importance of a detailed anamnesis and work history.

Carpal tunnel syndrome (CTS) is one of the most common musculoskeletal disorders in the working population. CTS is a disease caused by excessive pressure on the median nerve passing through the wrist carpal tunnel. If CTS is not treated, the patient may develop pain, numbness, loss of strength. CTS can be treated with surgical decompression in the later period. Dentists, dental hygienists and dental assistants, soldiers, laboratory workers and secretaries are at risk due to occupationally. For this reason, we found it appropriate to present a case with carpal tunnel syndrome.