Pretzel Postures Pose Problems



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WHAT’S AT STAKE?

Your health can determine how and if you can enjoy life to the fullest at work, play and in recreational pursuits. One thing is certain – one needs to work in order to live.
Working conditions need to be examined in order to determine if they are compatible to a life style based on a balance of mental, physical and emotional contributions of workers.

WHAT’S THE DANGER?

Firstly, an inquiry must be conducted at your place of employment to see the extent of the expenditure of physical and mental energy.

The following inquiry is needed:

- Do you often need to make strange or awkward movements to get your work done? Long reaches, twists, bends and stretches put your shoulders, back and elbows in uncomfortable and unnatural positions. These postures can injure your nerves and even blood vessels that supply your muscles.
- Sitting at your workstation for several hours daily or hunching over a could also injure your nerves or circulatory system. A ‘static" posture is a position with little movement.
- Holding the same position for hours can lead to blocked blood vessels and poor oxygen supply-which can eventually damage muscle tissues. Sitting for a long period daily can lead to varicose veins in the legs swelling of lower extremities or numbness and tingling in feet. Compressing the nerves in your spinal column and legs for longs periods can bring back injury and chronic pain.
- These injuries are musculoskeletal disorders, or MSDs. Awkward movement and

static postures can add strain on your body. When you add lifting of heavy objects or performing repetitive motions, an injury becomes more likely.

HOW TO PROTECT YOURSELF

Here are seven strategies for preventing musculoskeletal injuries:

1. Practice good posture, with shoulders straight and arms and elbows close to the
2. Move around routinely, taking frequent breaks if possible. Stretch, do a little exercise and relax your muscles.
3. Use caution when lifting or moving objects. Perhaps most importantly, get help from others or use mechanical aids when objects are heavy.
4. Reduce your own stress, since increased stress can increase blood pre-circulatory
5. Know your body and listen to it. If you feel pain, take action to eliminate the source. Make sure that you treat the source so it doesn’t lead to injury.
6. Use adjustable working surfaces if possible, for an ergonomically correct position.
7. if you work with vibrating equipment, use Personal Protective Equipment or other strategies to protect hands and arms from excessive vibration.
8. Avoid long-term pain and injury. Eat well, exercise and take steps to avoid awkward
   postures and reduce the effects of static positions.

FINAL WORD

Awkward and static postures, at work or elsewhere, can hurt you.