

# THE PORCELAIN PRESS

March, 2011 - Weeks 1 & 2

## Special Points of Interest:

- Take the "Take-5 Challenge" for a chance to win a prize. Go to the ES&H Take-5 Tools webpage. Good Luck!

## Weekly Qi Gong, Mindfulness and Tai Chi Easy for Stress Reduction Sections:

- Wednesdays: Wilson Hall Auditorium, 7 - 8a.m.
  - Thursdays: Users Center Canceled.
  - Fridays: Wilson Hall Auditorium, Noon – 12:45 p.m.
- For more information contact Seton Handville at shandvi@fnal.gov or call X2151.

## ES&H Concern or Suggestion?

- Talk to your Supervisor, SSO or submit ideas from the ES&H homepage by clicking on 'Concerns & Suggestions'.

## Carpel Tunnel Syndrome (CTS)

Carpal tunnel syndrome is pressure on the median nerve, the nerve in the wrist that supplies feeling and movement to parts of the hand. It can lead to numbness, tingling, weakness, or muscle damage in the hand and fingers. The median nerve provides feeling and movement to the "thumb side" of the hand (the palm, thumb, index finger, middle finger, and thumb side of the ring finger). The area in your wrist where the nerve enters the hand is called the carpal tunnel. This tunnel is normally narrow, so any swelling can pinch the nerve and cause pain, numbness, tingling or weakness. This is called carpal tunnel syndrome. Individuals with arthritis, diabetes and hypothyroidism are at a greater risk for developing CTS. Carpal tunnel syndrome is common in people who perform repetitive motions of the hand and wrist. Typing on a computer keyboard is probably the most common cause of CTS. Correct work station posture and proper equipment is key to avoiding CTS.



## Hand Exercises that May be Helpful

To avoid and treat CTS, Idaho National Lab's "Work Strong Program" recommends the following exercises before, during and after working.

**Flexion** - Gently bend your hand down at the wrist. Hold for 5 seconds. Do 3 sets of 10.

**Extension** - Gently bend your hand up at the wrist. Hold for 5 seconds. Do 3 sets of 10.

**Side to Side** - Gently bend at the your wrist moving your hand from side to side. Hold for 5 Seconds. Do 3 sets of 10.

**Wrist stretch** - With one hand, help to bend the opposite hand down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Keep your elbow straight during this exercise. Do 3 sets of 10.

**Tendon glide** - Start with the fingers of your hand held out straight. Gently bend the middle joints of your fingers down toward your upper palm. Hold for 5 seconds. Do 3 sets of 10.

## Ergonomics at Fermilab - Resources for the Employee

An Ergonomic Subcommittee exists here at the lab to help deal with important ergonomic issues and assist employees with incorporating ergonomic principles into their day to day activities. Divisions and Sections have their own ergonomic representative (see table below). Feel free to contact your representative at any time if you are interested in having them conduct a workstation evaluation, need assistance applying the ergonomic principles, or simply have an ergonomic related question. Also, please remember to report any pain or discomfort that you feel may be related to your work to the Medical Department or your supervisor.

### Ergonomic Subcommittee Members:

<b>AD</b>	Rich Rebstock	<b>ES/DI</b>	Rafael Coll/Mae Strobel	<b>TD</b>	Bridget Scerini
<b>BS/FI</b>	Greg Mitchell	<b>FE</b>	Lisa Carrigan/Mike Bonkalski	<b>WD</b>	Mike Bonkalski
<b>CD</b>	Amy Pavnica	<b>PD</b>	Rob Bushek		

