

Glossary of Terms

Administrative Controls: Policies or practices dictated by management that can reduce or prevent exposure to ergonomic risk factors.

Carpal Tunnel Syndrome: Pinching of the median nerve in the hands, caused by swelling of the tendon sheaths in the carpal tunnel. Symptoms include pain, numbness, and tingling of the hands.

Cumulative Trauma Disorder (CTD): Tissue inflammation that results from repeated episodes of strains and sprains. Examples include back injuries, carpal tunnel syndrome and tendonitis.

Engineering Controls: Changing the workstation layout, selection and use of tools, or work methods used to complete a task to eliminate or reduce exposure to ergonomic risk factors.

Ergonomics: The science that focuses on the natural capacities and limitations of the human body.

Extension: The bending of a joint whereby the angle increases.

Flexion: The bending of a joint whereby the angle between the adjacent bones usually decreases.

Materials Handling: The movement of any materials, including parts, animals, raw supplies, chemicals, subassemblies, humans, finished products, or other objects. The movement may be done by hand, as in lifting objects and pushing hand trucks and carts, or with automated equipment or aids, as in using forklift trucks, storage and retrieval systems, or conveyors.

Musculoskeletal Disorder (MSD): Conditions that involve the nerves, tendons, muscles, and supporting structures of the body. Disorders typically reflect a more gradual or chronic development.

Workers suffering from MSDs may experience less strength for gripping, less range of motion, loss of muscle function and inability to accomplish everyday tasks. Common symptoms include:

Painful joints	Pain in wrists, shoulders, forearms, knees
Pain, tingling or numbness in hands or feet	Fingers or toes turning white
Shooting or stabbing pains in arms or legs	Back or neck pain
Swelling or inflammation	Stiffness
Burning sensation	

MSDs are injuries and illnesses that affect muscles, nerves, tendons, ligaments, joints or spinal discs. Your doctor might tell you that you have one of the following common MSDs:

Carpal tunnel syndrome	Rotator cuff syndrome	DeQuervain's disease
Trigger finger	Sciatica	Epicondylitis
Tendonitis	Raynaud's phenomenon	Carpet layers' knee
Herniated spinal disc	Low back pain	Hand-arm vibration syndrome
Tension neck syndrome		

Neurometer: A neurometer measures the speed of the nerve impulse through the wrist.

NIOSH: National Institute for Occupational Safety and Health. A U.S. government agency.

Radial: Wrist movement toward thumb.

Tendonitis: A form of tendon inflammation that occurs when a muscle/tendon unit is repeatedly stressed.

Ulnar: Wrist movement toward little finger.

Vibrometer: A vibrometer measures the ability to feel sensations in the fingertips.