

Vibration

Vibration is the quivering or trembling that comes from power tools and heavy equipment. Vibration restricts the blood supply to the affected body parts, which, depending on the vibration level and duration of exposure, can contribute to an ergonomic injury. Activities that expose workers to vibration include drilling a hole in a wall or sitting for a long time operating a forklift.

Repetitive Motion

Some tasks involve repeating the same actions with little variation. Highly repetitive tasks often involve the use of only a few muscles or body parts while the rest of the body is unaffected. When motions are repeated frequently, there may be inadequate time for muscles and tendons to recover, causing them to become strained and fatigued. Activities that require repetitive motion include moving items