

GLOSSARY

Carpal Tunnel—Tunnel formed by the carpal ligament and the bones of the wrist.

Carpal Tunnel Syndrome—Disorder associated with impingement on the median nerve as it travels through the wrist.

DeQuervain's Disease—An irritation and swelling of the sheath or tunnel that surrounds the thumb tendons as they pass from the wrist to the thumb. A common type of stenosing tenosynovitis (combination of tenosynovitis and tendinitis).

Epicondylitis—Technical term for tennis elbow.

Ergonomics—An applied science that seeks to design work requirements to within human capabilities.

Ergonomic Risk Factors—Conditions of a job that contribute to the risk of developing musculoskeletal disorders.

Lifting Index—Ratio between load being handled and the recommended weight limit.

Ligament—Connective tissue connecting bone to bone.

Median Nerve—Nerve feeding the thumb and first two fingers of the hand.

MSD (Musculoskeletal Disorder)—Disorder and disease of the muscles, connective tissues, and surrounding neural tissues.

MSD Incidents—Work-related MSD signs or symptoms that require time off work, medical treatment, or a change in work assignment.

NIOSH Lifting Analysis—A formalized metric that can be applied to a lifting situation to provide data about the forces generated by and severity of a lift.

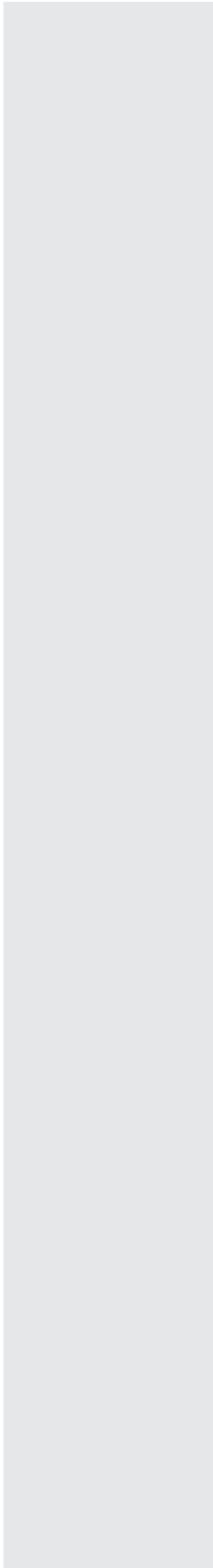
Optimal Work Zone—Area in front of the body defined by the keeping of the back straight, the shoulders neutral, and the hands between hand rest and elbow height.

Radial Deviation—Any noticeable deviation of the wrists toward the thumb.

Risk Factors—Conditions that increase the likelihood of developing a musculoskeletal disorder.

Sprain—Injury to ligaments around a joint.

Strain—Injury to muscle or tendon.



Tendinitis—Swelling in the tendons, resulting in pain.

Tendon—Connective tissue that transmits the force from muscles to bone.

Upper Extremities—The arms and hands and associated joints.