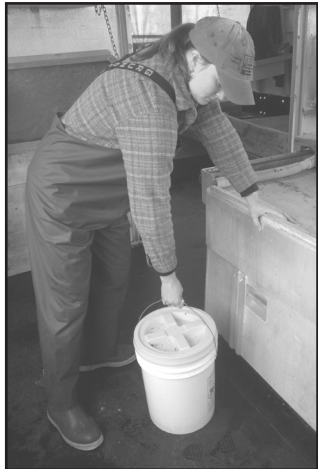


STRAINS, SPRAINS & PAINS:

Ergonomic Injury Prevention for Commercial Fishermen



COURSE WORKBOOK

Thank you for participating in our training course, Strains, Sprains and Pains. This course will cover the fundamentals of ergonomic injury hazards that commercial fishermen face in their daily work.

Additionally, the course will cover ways to reduce risk of musculoskeletal injury caused by poor ergonomics, ideas on how to retrofit deck and work space for more efficient and ergonomically correct fishing, and also ways to treat symptoms of common musculoskeletal disorders among fishermen.



1. Ergonomics is...

2. List the 4 Big Risk Factors for musculoskeletal disorders:

1. _____ 2. _____
3. _____ 4. _____

3. List at least 4 other risk factors for musculoskeletal disorders:

1. _____ 2. _____
3. _____ 4. _____

4. List five 5 specific factors associated with back injuries:

1. _____
2. _____
3. _____
4. _____
5. _____

5. A 6' 2" 185 lb man picking up a pen by bending over at the waist, puts a force on his back equal to holding a box at waist level that weighs how many pounds?

For Questions 6 & 7 please refer to the pictures below:



A



B



C



D

6. Which position will produce the most back stress? _____

7. Which position will produce the least back stress? _____

8. How much force on the back (in pounds) is required to hold a 50 lb box 22 inches out from the chest? _____

9. In general, is it less stress to push or to pull an object? _____

10. List 8 recommended practices to reduce back strain:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |

11. List 4 advantages of stretching in preventing injuries:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

12. When are 3 times you should stretch?

1. _____

2. _____

3. _____

13. List 4 causes of back and upper extremity strain:

1. _____ 2. _____

3. _____ 4. _____

14. List 5 risk factors for upper extremity musculoskeletal disorders:

1. _____ 2. _____

3. _____ 4. _____

5. _____

15. Is keeping the wrist straight or bent more likely to prevent musculoskeletal disorders of the wrist?

16. List 5 ways to reduce musculoskeletal disorders of the wrist involving grip:

1. _____ 2. _____

3. _____ 4. _____

5. _____

17. List 5 ways to reduce musculoskeletal disorders related to posture:

1. _____
2. _____
3. _____
4. _____
5. _____

18. List 6 ways to reduce musculoskeletal disorders related to repetition:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

19. List 5 ways to reduce musculoskeletal disorders related to contact trauma:

1. _____
2. _____
3. _____
4. _____
5. _____

20. List 3 causes of shoulder problems:

1. _____
2. _____
3. _____

21. List 3 risk factors for shoulder problems:

1. _____
2. _____
3. _____

22. List 4 ways to prevent shoulder problems:

1. _____
2. _____
3. _____
4. _____

25. List 5 signs and symptoms of Carpal Tunnel Syndrome (CTS):

1. _____
2. _____
3. _____
4. _____
5. _____

26. List 8 ways to treat CTS:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

27. The ideal work surface height for doing heavy work while standing is: (check one)

_____ Surface near waist _____ Surface neat stomach _____ Surface near chest

28. List at least three changes you could make to decrease musculoskeletal disorders in your fishing operation:

1. _____
2. _____
3. _____