Repetitive Motion, Repetitive Motion ...

by Marty Baumann, Supt. Fresh Meadows G.C., Hillside

As we settle into our summer routines, we may have a tendency to settle the same person into the same job, to be done the same way each day. This habit brings about repetitive motion, which brings about repetitive motion injuries. A repetitive motion injury, or RMI, is a cumulative trauma of associated tissues. These injuries are caused by regular, repeated movements and can affect employee morale, productivity and attendance. With prevention or early detection, these types of injuries will not be a source of problems in your operation.

The easiest way to avoid RMIs among your crew is to cross train all employees. RMIs can affect the upper or lower arm, elbow, wrist, back, shoulder, neck, chest, hips and even lesser joints. Cross training your crew allows you to move personnel from job to job on a daily or weekly basis. Keeping personnel off the same machine or the same job every day will provide many benefits for your course. First, the job becomes more interesting, so morale increases. By doing something different, the crew will pay closer attention to the job and should be working in a safer manner. Finally, it will lower the chance of RMIs.

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The other side of the issue is the early detection and treatment of an RMI before it becomes a problem. The most common symptoms of RMI occur during or in the hours just after the activity. The symptoms can be some or all of the following: numbness or a tingling sensation in the joint, difficulty with range of motion, cool or pale skin, difficulty in moving the fingers, wrist or elbow. If you have an employee displaying these symptoms, have them see a qualified health care professional. The treatment can run from simple exercises to medication to some kind of support or brace for the joint in question. At that point, your best move is to follow the treatment and advice of the health care provider.

Remember, staying healthy pays off for you and your crew. Avoiding RMIs will keep the potential of a long-term problem out of your operation.

"June Bug Time"

June - knowing Summer's on the way, Blends Spring into a Summer Day.

What a wonderful way Nature arranges things, Summer arriving in the midst of Spring.

Golfer's inspired in moments of delight, The Golfing Season's here - all is right.

Now, if the June Bug is kind, pestilence zero,

We may get lucky and become a Hero.

Kenneth R. Zanzig

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