



Occupational
Health Clinics
for Ontario
Workers Inc.

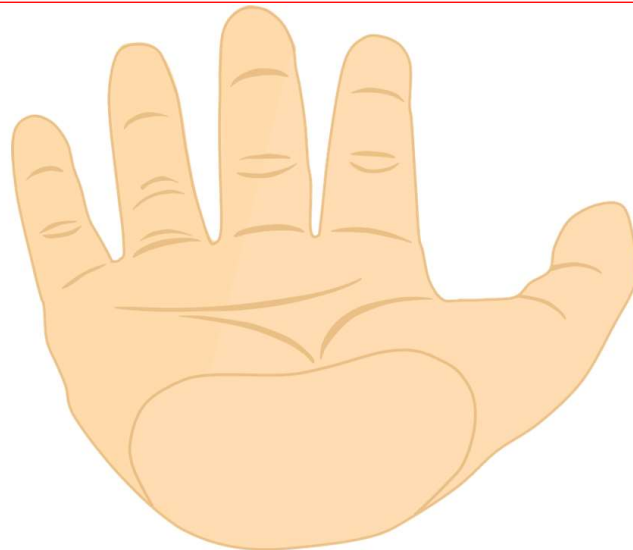
Centres de
santé des
travailleurs (ses)
de l'Ontario Inc.

Carpal Tunnel Syndrome

Anatomy, Symptoms & Diagnosis

1

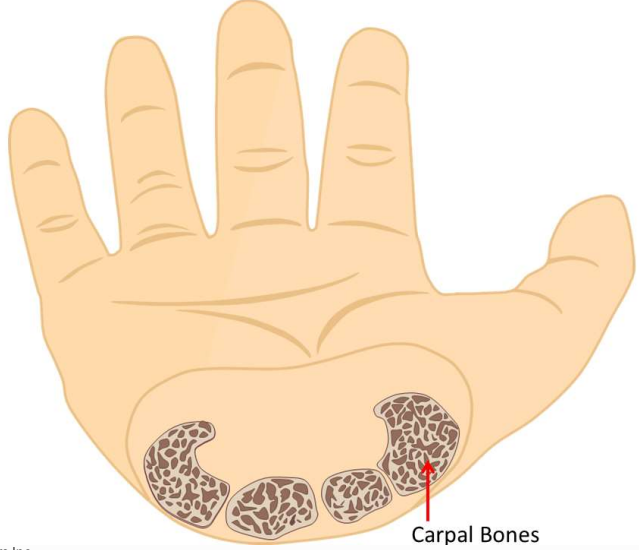
Anatomy of the Wrist



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2

Anatomy of the Wrist



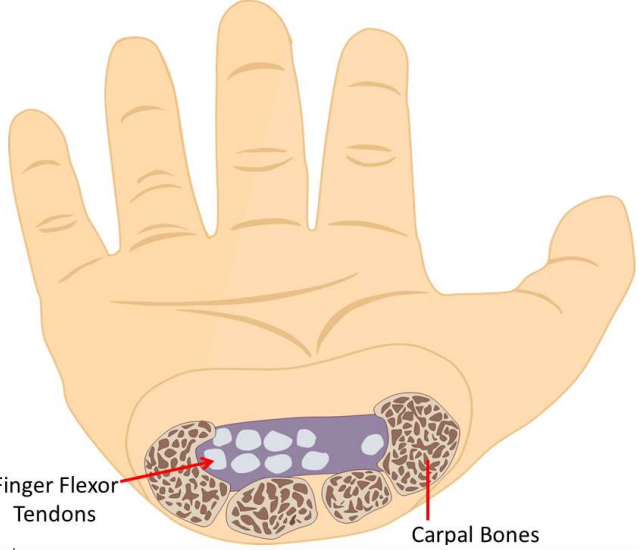
Carpal Bones

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This diagram shows a top-down view of a human hand with the wrist area highlighted. The carpal bones are depicted as a row of eight small, irregularly shaped bones. A red arrow points to the scaphoid bone, which is labeled 'Carpal Bones'. The bones are shaded in a light brown color with a porous, trabecular internal structure. The surrounding soft tissue is shown in a light orange color.

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Anatomy of the Wrist



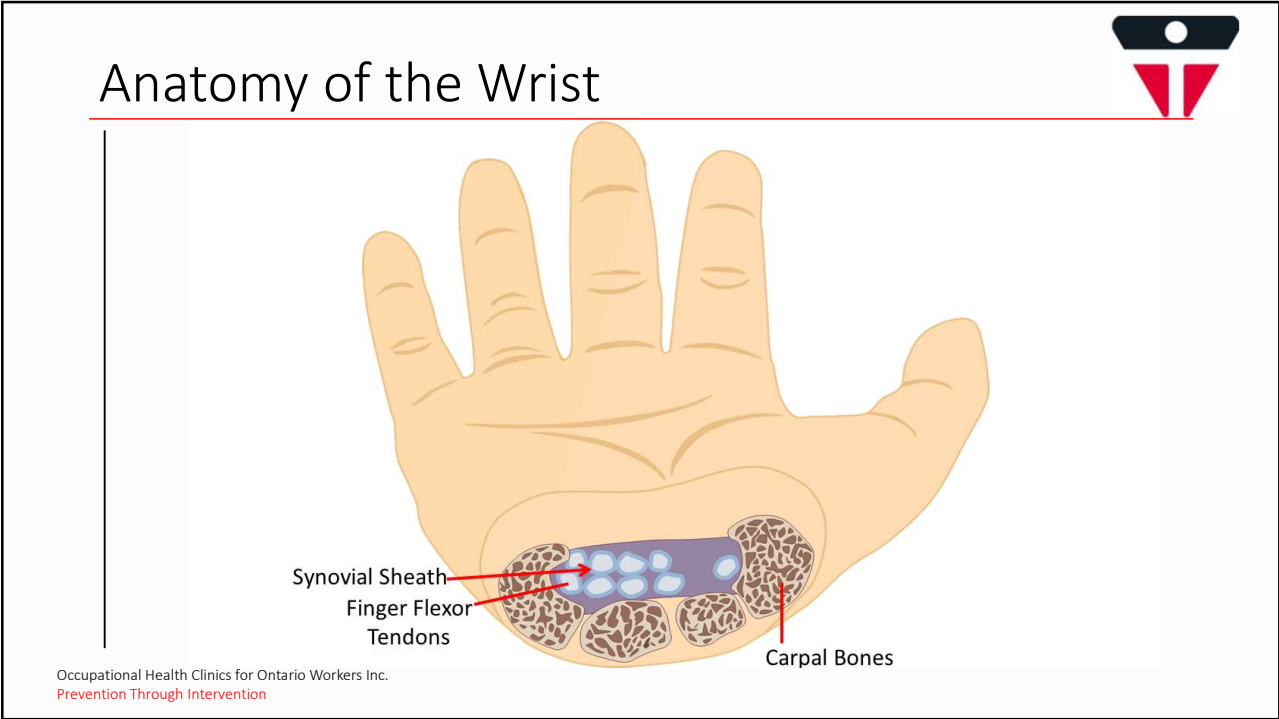
Finger Flexor Tendons

Carpal Bones

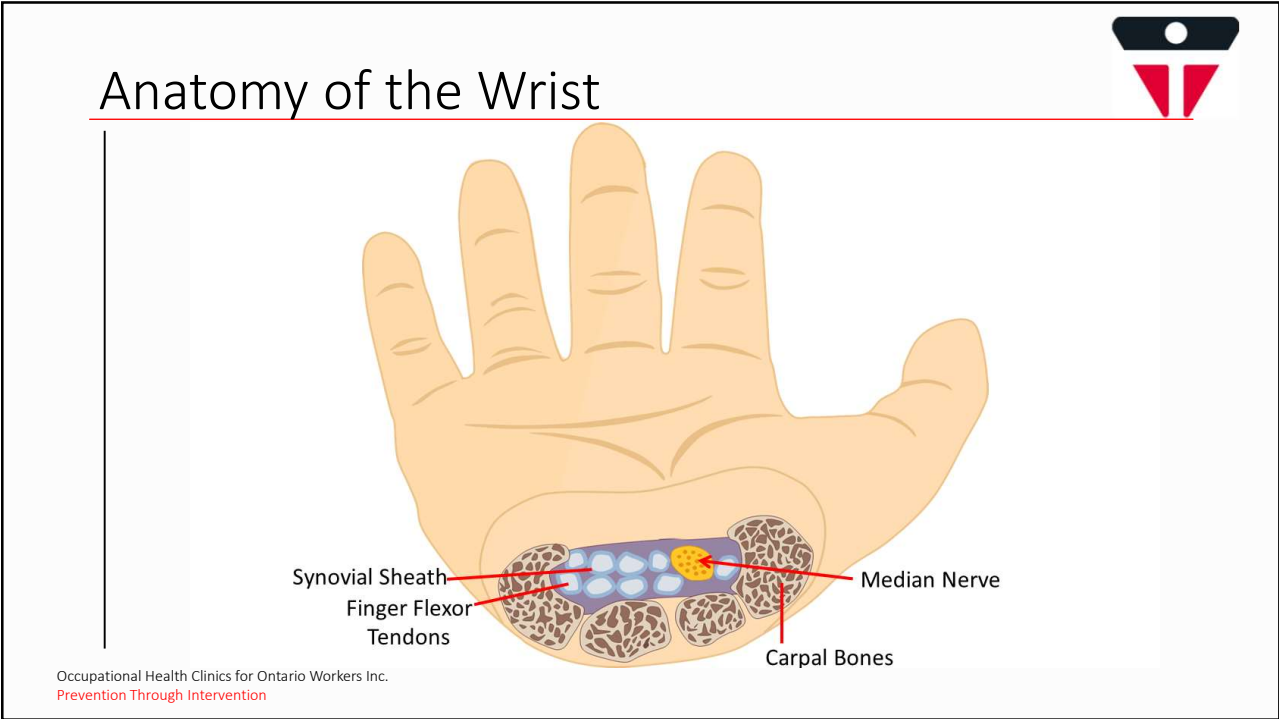
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This diagram shows a top-down view of a human hand with the wrist area highlighted. The carpal bones are shown as a row of eight small, irregularly shaped bones. A red arrow points to a bundle of blue, cord-like structures labeled 'Finger Flexor Tendons'. The bones are shaded in a light brown color with a porous, trabecular internal structure. The surrounding soft tissue is shown in a light orange color.

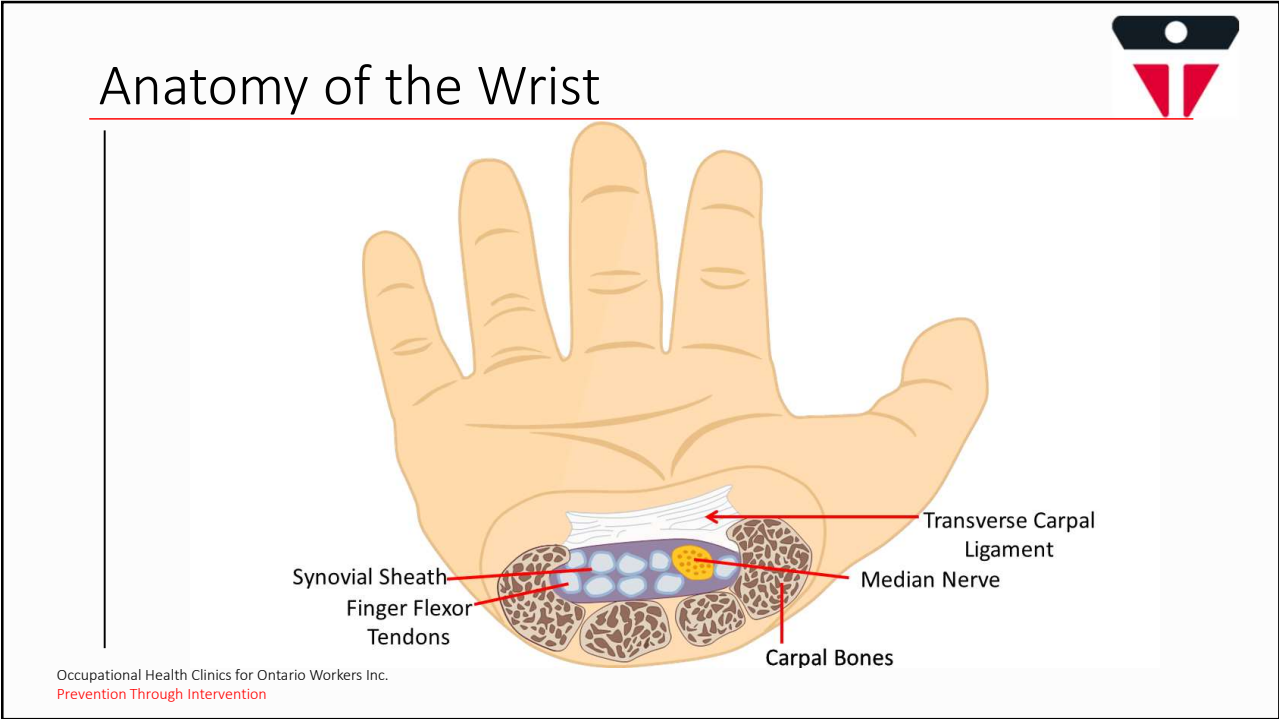
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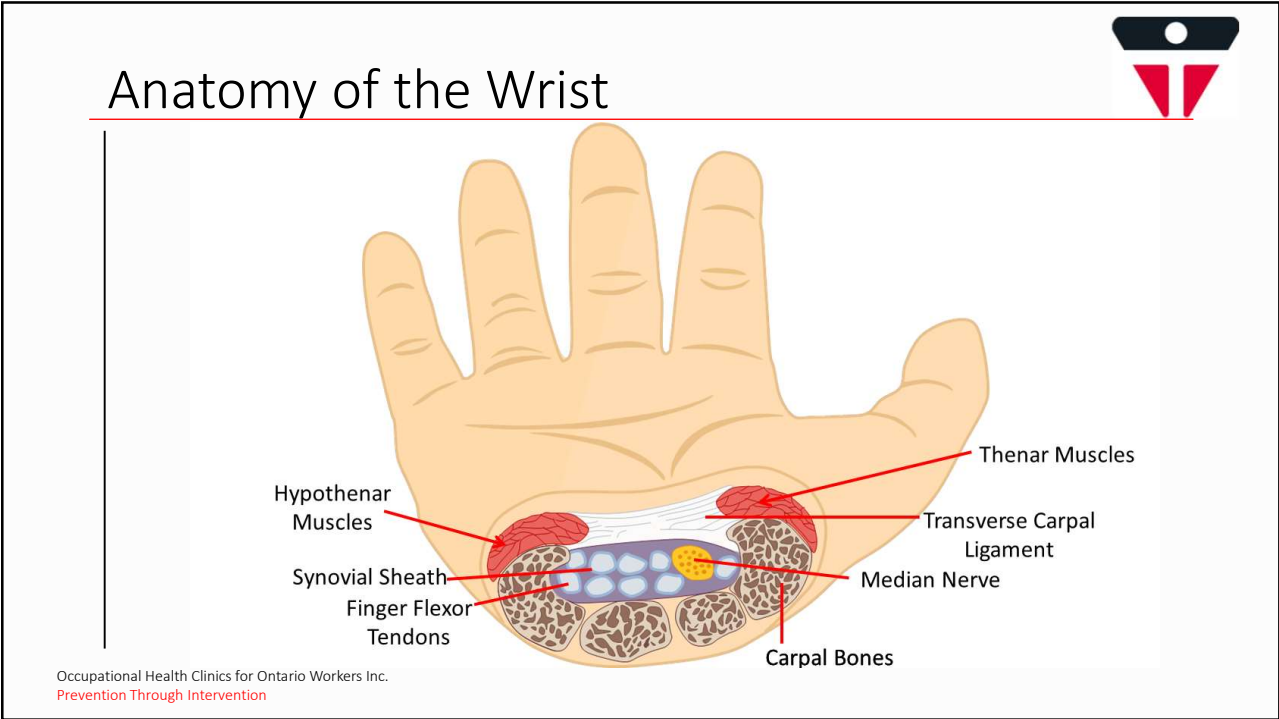
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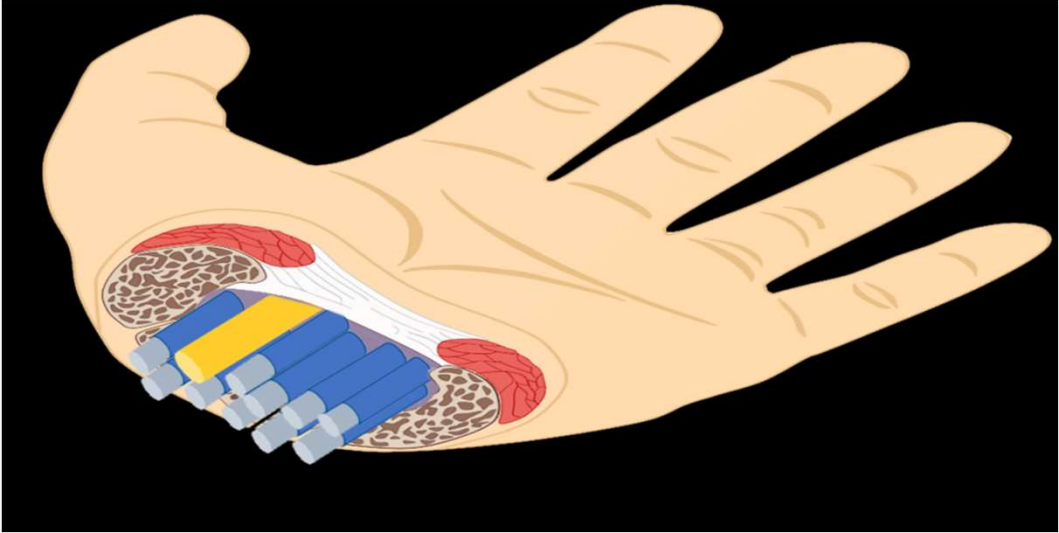


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Tendon Movement



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This diagram illustrates the internal structure of a hand, focusing on the tendons and muscles. The hand is shown from a side-on perspective, with the fingers extended. The tendons are depicted as white, fibrous structures that connect the muscles to the bones. The muscles are shown in red, and the bones are in a light tan color. The diagram highlights the movement of the tendons as the hand moves, showing how they contract and relax to facilitate movement.

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Tendon Response to Risk Factors

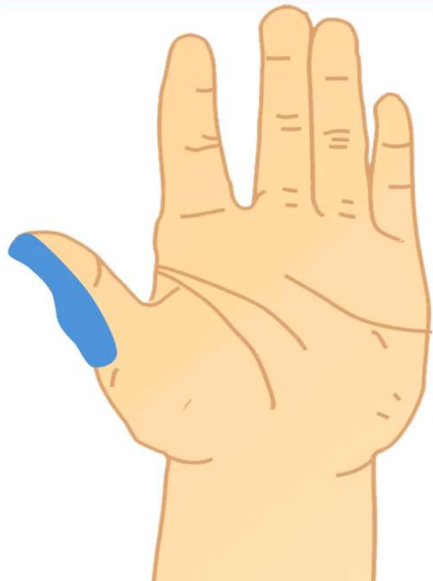


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This diagram shows a cross-section of a tendon within the hand. The tendon is depicted as a bundle of fibers, with a central yellow spot indicating a point of damage or inflammation. The surrounding tissue is shown in a light tan color, and the muscles are in red. The diagram illustrates the response of the tendon to risk factors, showing how the fibers become disorganized and the surrounding tissue becomes inflamed.

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Carpal Tunnel Syndrome - Symptoms



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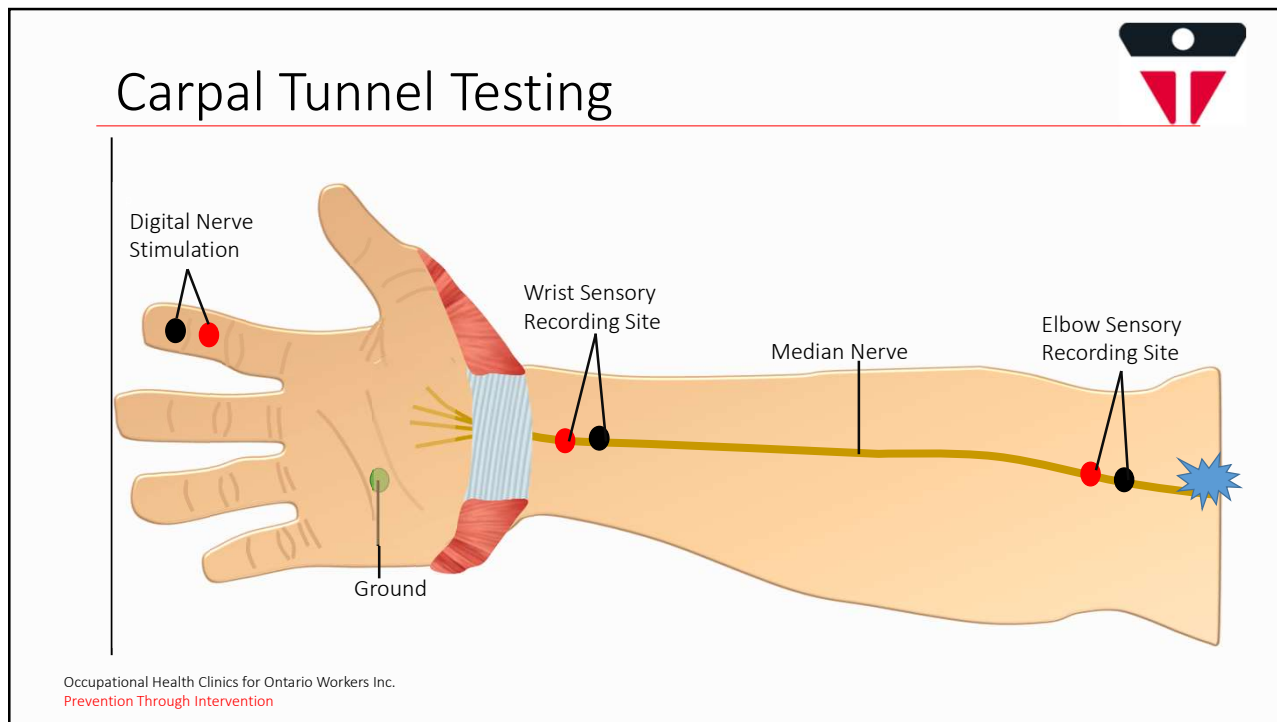
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Diagnosis



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Carpal Tunnel Syndrome

Possible Causes

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Carpal Tunnel Syndrome Risk Factors



- CTS is a unique disorder in that there are many risk factors that contribute to its development; both occupational and non-occupational
- The contribution of each risk factor individually is unknown as of yet
- It is currently believed that there is a synergist (additive) effect that leads to its development
 - For example, if the job requires awkward wrist postures plus forceful gripping the two together will increase the risk of development
- Before work-relatedness can be established, non-occupational risk factors must be examined

Note:

- People with no underlying conditions can develop CTS
- People with underlying conditions can still have the CTS development impacted by occupational risk factors especially if the condition is more severe in the dominant hand

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Non-Occupational Risk Factors for Carpal Tunnel Syndrome



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Occupational Risk Factors for CTS




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THE MASS OF THE OBJECT
MULTIPLIED BY
THE AMOUNT
OF ACCELERATION

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Internal Review- Industrial Sectors



- Review of OHCOW database for past 30 years found:
 - CTS accounted for 16.4% of all OHCOW patient referral cases for MSDs
 - 77% of all CTS cases came from the following industrial sectors:

(27%) – Manufacturing
(19%) – Construction
(12%) - Health Care and Social Assistance
(6%) - Public Administration
(5%) - Transportation and Warehousing
(5%) - Mining, Quarrying, and Oil and Gas Extraction
(4%) - Retail Trade
(4%) - Accommodation and Food Services

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Internal Review- Industrial Sectors

The top 10 specific industries with CTS were:

- (6%) - Industrial Nonbuilding Structure Construction
- (6%) - Building Construction
- (3%) - General Medical and Surgical Hospitals
- (3%) - Nursing Care Facilities
- (2%) - Other Local, Municipal and Regional Public Administration
- (2%) - Petrochemical Manufacturing
- (2%) - Elementary and Secondary Schools
- (2%) - Motor Vehicle Parts Manufacturing
- (2%) - Postal Service
- (2%) - Other Federal Government Public Administration

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Internal Review- Occupations

92% of all CTS cases came from the following occupational classifications

- (36%) - Trades, transport and equipment operators and related occupations
- (19%) - Occupations in manufacturing and utilities
- (17%) - Sales and service occupations
- (12%) - Business, finance and administration occupations
- (8%) - Health occupations

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Internal Review- Occupations

The top 10 specific occupations with CTS were:

- (4%) – Welders
- (3%) - Steamfitters, Pipefitters and Sprinkler System Installers
- (3%) - Industrial Electricians
- (3%) - Other assisting occupations in support of health services
- (3%) - Janitors, Caretakers and Building Superintendents
- (3%) - Heavy Equipment Operators (Except Crane)
- (3%) - Motor Vehicle Assemblers, Inspectors and Testers
- (3%) - Other Labourers in Processing, Manufacturing and Utilities
- (2%) - Construction Trades Helpers and Labourers
- (2%) - General Farm Workers

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Carpal Tunnel Syndrome Treatment

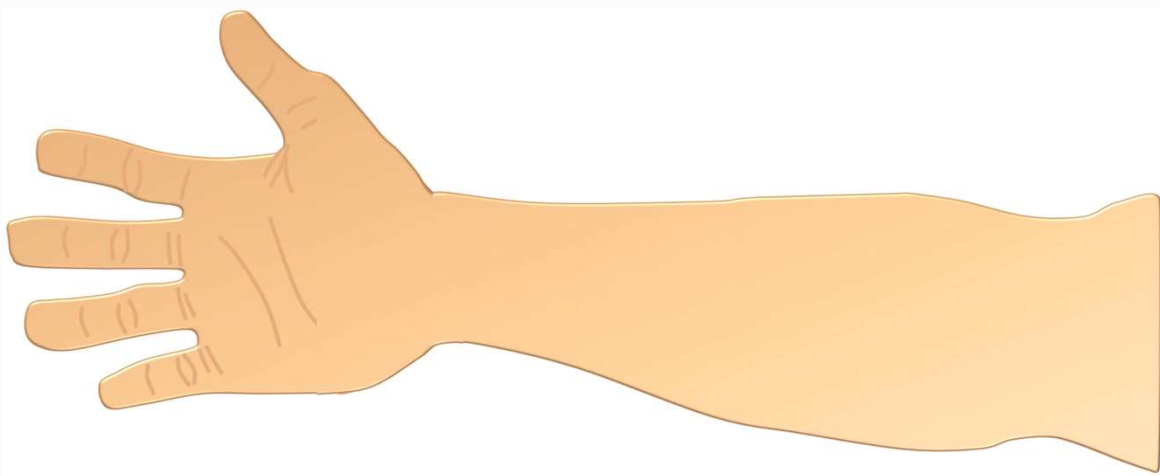
22

Non-Surgical Treatment



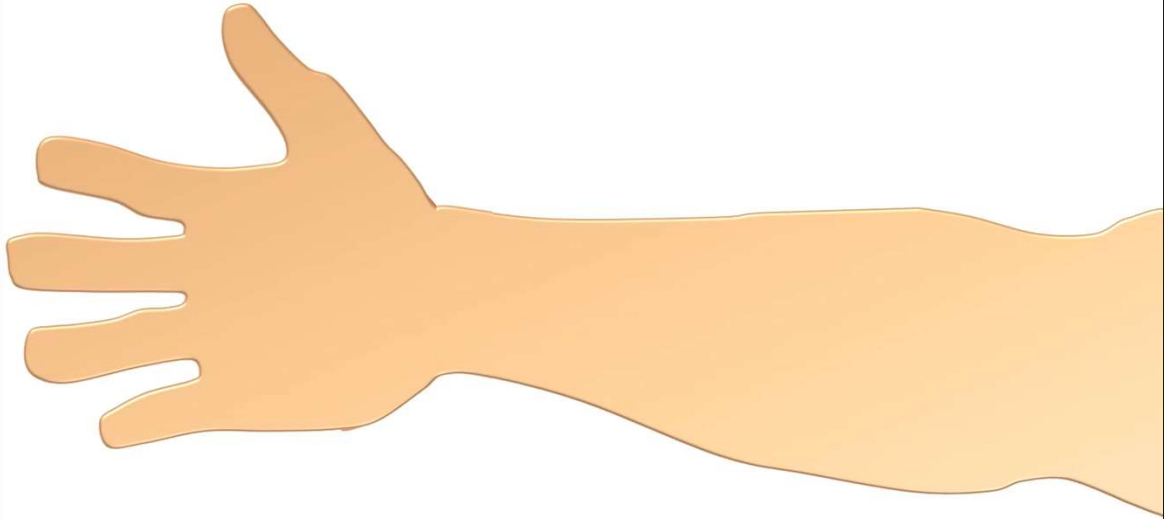
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Open/Traditional Surgical Treatment



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Closed/Endoscopic Surgical Treatment



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The slide features a title 'Closed/Endoscopic Surgical Treatment' at the top left. To the right of the title is a logo consisting of a black trapezoidal shape with a white circle inside, and two red triangles pointing downwards. Below the title is a large, stylized illustration of a human arm and hand, colored in shades of orange and tan, shown from the side. At the bottom left of the slide, there is a small text block with the organization's name and slogan.

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Prevention


The slide contains the organization's logo on the left, which is a black trapezoid with a white circle and two red triangles. To the right of the logo is the organization's name in English and French. Below this is the word 'Prevention' in a large, bold, black font.

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Carpal Tunnel Education

- To aid your workplace in CTS education we have created two short CTS themed videos
- CTS - Anatomy and Symptoms – 5:45 minutes
<https://bit.ly/3oeV5NC>
- CTS - Risk Factors and Prevention – 3:59 minutes
<https://bit.ly/34sE4IK>

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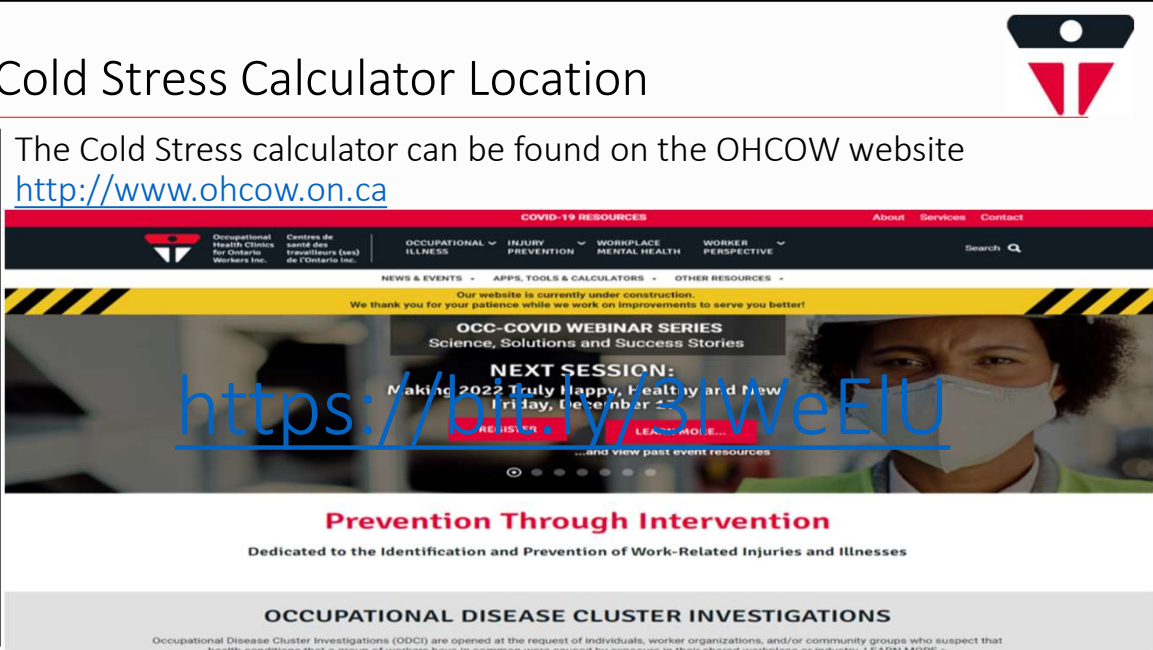


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Introduction to OHCOW's Cold Stress Calculator

Trevor Schell, M.Sc., CCPE

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Cold Stress Calculator Location

The Cold Stress calculator can be found on the OHCOW website <http://www.ohcow.on.ca>

<https://bit.ly/3iWeE1U>

Prevention Through Intervention
Dedicated to the Identification and Prevention of Work-Related Injuries and Illnesses

OCCUPATIONAL DISEASE CLUSTER INVESTIGATIONS
Occupational Disease Cluster Investigations (ODCI) are opened at the request of individuals, worker organizations, and/or community groups who suspect that health conditions that a group of workers have in common were caused by exposure in their shared workplace or industry. [LEARN MORE >](#)

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Cold Stress Calculator



As the speed of the wind increases, your body will notice a decrease in temperature because the wind over skin helps to dissipate heat from the body.

To understand how cold it is, wind speed is combined with the temperature to calculate "Wind Chill Temperature".

The wind chill provides an estimate of the cooling power of the environment and thus plays an important role in the cold stress risk assessment and preventing workers from its severe adverse health effects such as frostbite and hypothermia.

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Cold Stress Calculator



The Cold Stress Calculator was created as a simple means for determining what precautions should be taken to protect workers from cold stress related adverse health outcomes.

By entering outdoor temperature and wind speed in the following calculator, we are able to estimate the adjusted temperature or wind chill temperature.

The temperature and wind speed information can be obtained by accessing current weather information.

The calculator will then determine the adjusted temperature, risk to workers, potential health concerns, and recommended precautions.

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Estimate Wind Speed



- There may be times when access to wind speed information is not available, but you can still know the temperature for example your vehicle's temperature sensor
- Using this table, you can estimate the wind speed.

Estimating Wind Speed	
Wind speed (km/h)	Estimating wind speed - what to look for
10	Wind felt on face - wind vane begins to move
20	Small flags extended
30	Wind raises loose paper, large flags flap and small tree branches move
40	Small trees begin to sway and large flags extend and flap strongly
50	Large branches of trees move, telephone wires whistle and it is hard to use an umbrella
60	Trees bend and walking against the wind is hard

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Cold Stress Calculator

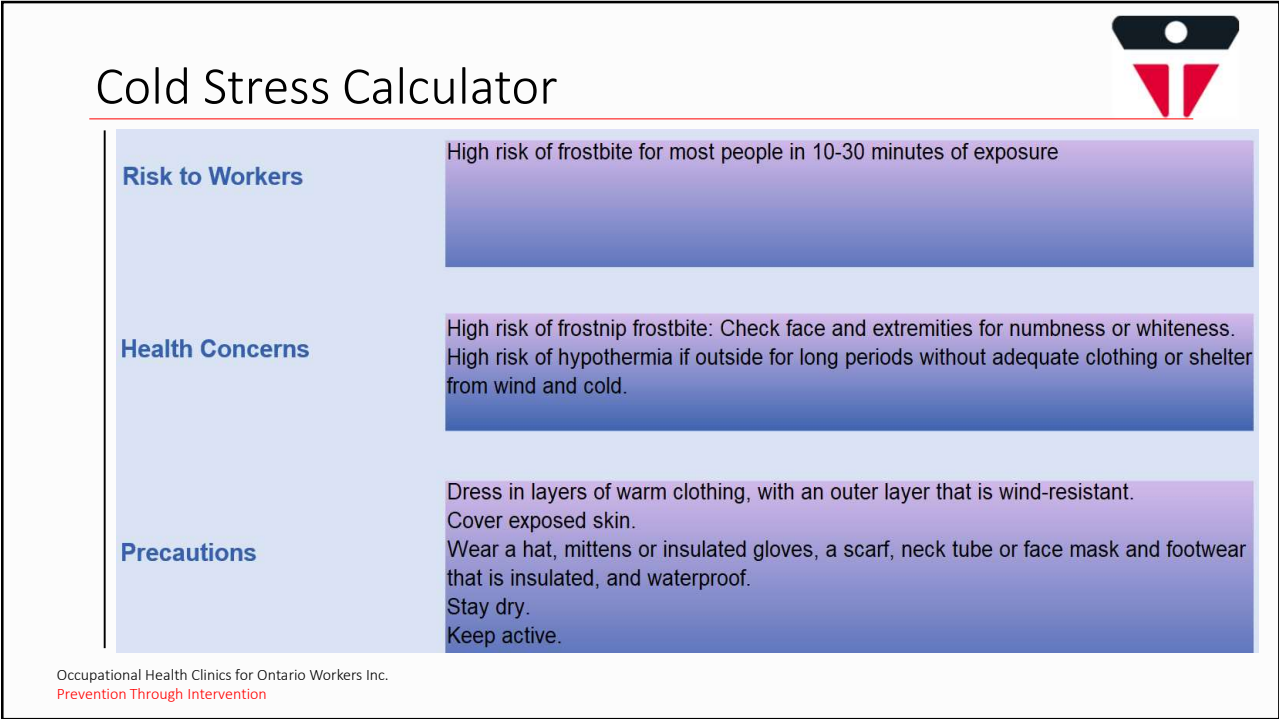


- Enter the following into the calculator
 - Wind Speed: 15 km/hr
 - Current Temperature: -20

Enter the Current Wind Speed (km/h) - <u>Must be > 0</u>	15	Enter the Current Temperature (°C)	-20
Adjusted Temperature (°C)	-29		

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Cold Stress Calculator

Risk to Workers

Health Concerns

Precautions

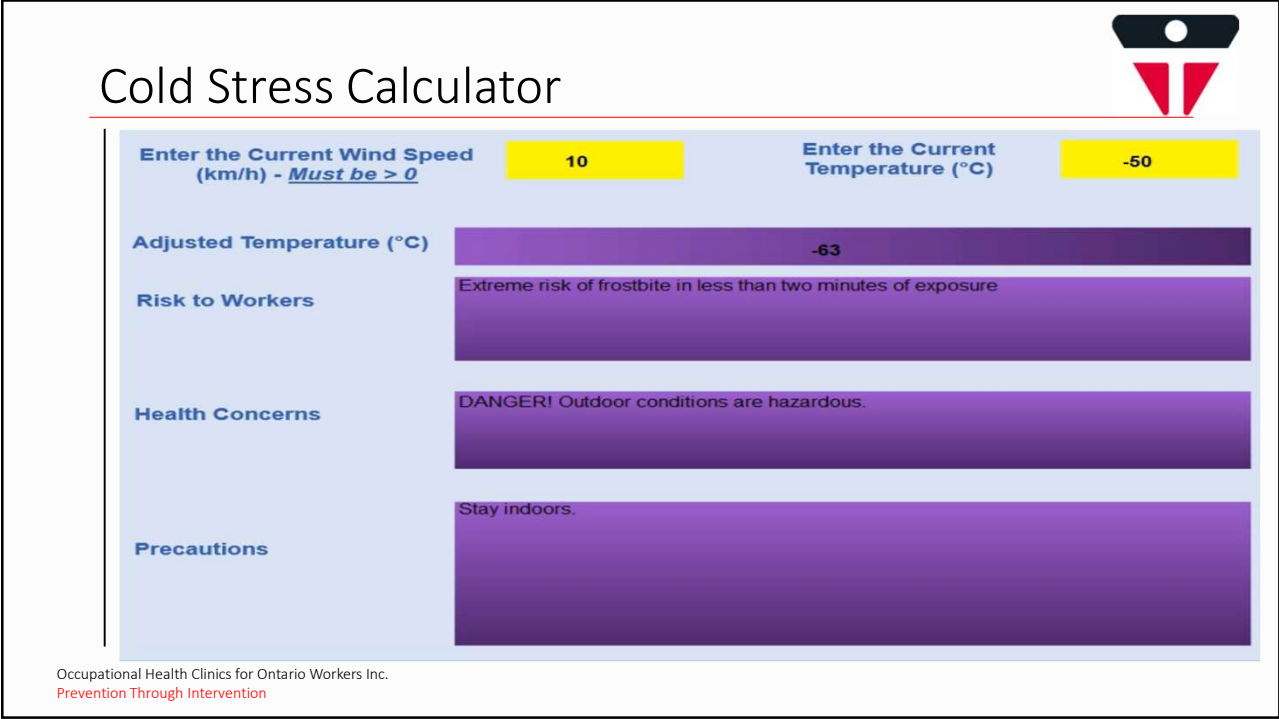
High risk of frostbite for most people in 10-30 minutes of exposure

High risk of frostnip frostbite: Check face and extremities for numbness or whiteness. High risk of hypothermia if outside for long periods without adequate clothing or shelter from wind and cold.

Dress in layers of warm clothing, with an outer layer that is wind-resistant. Cover exposed skin. Wear a hat, mittens or insulated gloves, a scarf, neck tube or face mask and footwear that is insulated, and waterproof. Stay dry. Keep active.

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Cold Stress Calculator

Enter the Current Wind Speed (km/h) - *Must be > 0*

10

Enter the Current Temperature (°C)

-50

Adjusted Temperature (°C)

Risk to Workers

Health Concerns

Precautions

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Extreme risk of frostbite in less than two minutes of exposure

DANGER! Outdoor conditions are hazardous.

Stay indoors.

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Introduction to OHCOW's Glove Size Calculator


Trevor Schell, M.Sc., CCPE

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Glove Size Calculator Location



The Glove Size calculator can be found on the OHCOW website
<http://www.ohcow.on.ca>



The screenshot shows the OHCOW website with a navigation menu including COVID-19 RESOURCES, About, Services, and Contact. The main content area features a banner for the OCC-COVID WEBINAR SERIES with a 'NEXT SESSION' on Friday, December 17, and buttons for 'REGISTER' and 'LEARN MORE...'. Below the banner is the slogan 'Prevention Through Intervention' and a section for 'OCCUPATIONAL DISEASE CLUSTER INVESTIGATIONS'.

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Concerns Regarding Gloves



Gloves are often a necessity for many occupations, especially outdoor workers and a recommendation of the cold stress calculator.

Improper Fit

- When too small can:
 - Restrict movement and blood flow by exerting pressure on the hand
 - Limit dexterity
 - Increase perspiration
 - Lead to fatigue of the muscles.
 - Loss of tactile sensation
- When too large can
 - Reduce finger dexterity
 - Reduce grip strength
 - Reduce productivity
 - Will take off gloves that don't fit and aren't comfortable – reducing protection and safety.
 - Loss of tactile sensation

The “one-size-fits all” approach to gloves doesn’t work when you’re dealing with a physically diverse work force.

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Concerns Regarding Gloves



Force Requirements

- With the loss of tactile sensation, they will often grip harder in order to “feel” what they are coming into contact with.
- Poorly fitting gloves increase the amount of force required by the muscles because they have to work harder to compensate for the loose or tight gloves.

Vibration

- With the loss of tactile sensation, workers will squeeze the handle of a vibratory tool harder in order to ‘feel’ what they are doing which tenses the muscles.
- This extra tensing of the muscles will then increase rate of absorption into the hands since it is no longer a soft structure but a rigid one.

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Grip

- Non-slip gloves reduce the need for extra force or adjustments to body posture, eliminating additional stress to muscles and joints.
- Some gloves, also have rubber nodules (touch control) built into the fingertips to provide the much-needed tactile feedback to the fingers.



Non-Slip



Nodules

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Dexterity

The type of work being performed must be considered

- Low dexterity
 - Three fingered glove for increased warmth
- High dexterity
 - Full-fingered
 - Three-quarter finger
 - Sensory Feedback



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Vibration

Gloves with a gel polymer-injected cushions in the palm, fingers and thumb have been shown to help protect against harmful vibrations to the hand.



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Prevention – Glove Size



Glove Size

Two measurements are required:

- Hand Length
- Hand Circumference

Equipment Needed:

- Cloth measuring tape
- Measuring tape/ruler

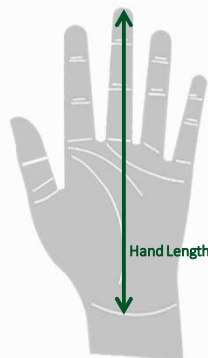
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Hand Length

- Using either a cloth measuring tape, measuring tape or ruler:
 - Measure on your dominant hand.
 - Rest your hand on a flat surface.
 - Measure from the tip of the longest finger to the crease under the palm.
 - Record the measurement.



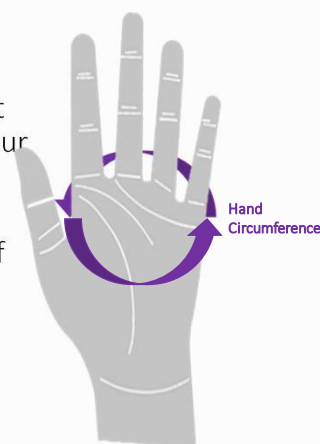
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Hand Circumference

- Using a cloth measuring tape
 - Measure on your dominant hand.
 - Place the beginning of the measuring tape (at 0 in/cm) just above the inside of your thumb, in the crevice between your thumb and index finger.
 - Wrap the measuring tape all the way around your palm (from its starting point above your thumb to the outside of your pinky finger and back again).
 - Check where the measuring tape overlaps itself at the starting point.
 - Record the measurement.



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Glove Size

- Determine which is the largest of the two measurements.
- Compare the measurement to the table based on gender at birth.

Female at Birth

Largest Estimated Value		Glove Size
Imperial (Inches)	Metric (mm)	Classification
< 6	< 152.4	XS
6.01 - 6.5	152.7 - 165.1	S
6.51 - 7.5	165.3 - 190.5	M
7.51 - 8.0	190.8 - 203.2	L
8.01 - 8.5	203.5 - 215.9	XL
>8.51	> 216.1	XXL

Male at Birth

Largest Estimated Value		Glove Size
Imperial (Inches)	Metric (mm)	Classification
< 7.0	< 177.8	XS
7.01 - 8.0	178.1 - 203.2	S
8.01 - 9	203.5 - 228.6	M
9.01 - 10	228.9 - 254.0	L
10.01 - 11	254.3 - 279.4	XL
> 11.01	> 279.7	XXL

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Glove Size Example

- Male at birth
- Hand length – 8.7”
- Hand Circumference - 8.91”

Largest Estimated Value		Glove Size
Imperial (Inches)	Metric (mm)	Classification
< 7.0	< 177.8	XS
7.01 - 8.0	178.1 - 203.2	S
8.01 - 9	203.5 - 228.6	M
9.01 - 10	228.9 - 254.0	L
10.01 - 11	254.3 - 279.4	XL
> 11.01	> 279.7	XXL

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Introduction to OHCOW's Mouse Size Calculator


Trevor Schell, M.Sc., CCPE

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Mouse Size Calculator Location



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Concerns Regarding Computer Mouse



A mouse is often a necessity for many occupations and selecting the correct size is important for reducing the risk of injury. On average, computer users utilize the mouse roughly three times as much as they do the keyboard

Selection

- Choose a mouse that:
 - fits your hand - right shape and size to support the natural curve of your hand.
 - maintains a neutral positioning of the hand and wrist.
- If a mouse is too large, it can cause strain on the fingers as they must stretch to fully grasp it.
- If a mouse is too small, it can increase the level of gripping needed to properly secure the mouse in place.
- Both scenarios are quite common and can be major contributors to undue pressure and discomfort in the forearm and wrist of the user.

The “one-size-fits all” approach doesn’t work when you’re dealing with a physically diverse work force.

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Prevention – Mouse Size Section



One measurement is required:

- Hand Length

Equipment Needed:

- Measuring tape (metal or cloth) or ruler

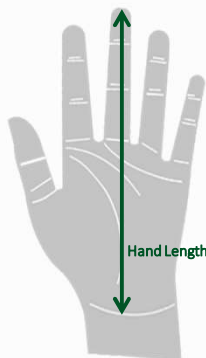
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Hand Length

- Using either a cloth measuring tape, measuring tape, or ruler
 - Measure on your dominant hand
 - Rest your hand on a flat surface
 - Measure from the tip of the longest finger to the crease under the palm
 - Record the measurement



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Mouse Size Selection

- Compare the measurement to the table

Hand Size		Mouse Size		
Imperial (inches)	Metric (mm)	Classification	Imperial (inches)	Metric (mm)
< 6.3	< 160	Extra Small	< 4.4	< 113
6.3 – 6.8	160 – 172.7	Small	4.4	113
6.8 – 7.7	172.8 – 195.7	Medium	4.8	122.5
7.7 – 8.4	195.8 – 213.5	Large	5.0	127.8
> 8.4	> 213.6	Extra Large	> 5.0	> 127.8

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Mouse Selection Example

- Hand length – 7.5”

Hand Size		Mouse Size		
Imperial (inches)	Metric (mm)	Classification	Imperial (inches)	Metric (mm)
< 6.3	< 160	Extra Small	< 4.4	< 113
6.3 – 6.8	160 – 172.7	Small	4.4	113
6.8 – 7.7	172.8 – 195.7	Medium	4.8	122.5
7.7 – 8.4	195.8 – 213.5	Large	5.0	127.8
> 8.4	> 213.6	Extra Large	> 5.0	> 127.8

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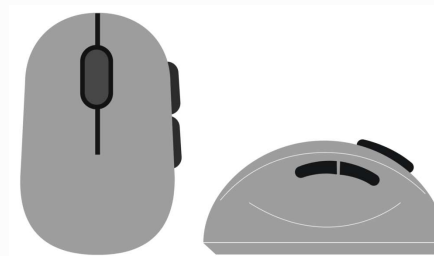
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Alternate Computer Mouse Designs

Standard Mouse

- Merits:
 - May accommodate both left and right hand users.
- Limitations:
 - Does not allow for neutral postures of the hand, wrist, and elbow.
 - May lead to contact stress.



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Alternate Computer Mouse Designs



Vertical Mouse

Merits:

- Allows for neutral postures of the hand, wrist, and elbow.
- Minimizes contact stress.

Limitations:

- May be difficult for user to transition from a standard mouse.
- May require additional forearm/elbow support.



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Alternate Computer Mouse Designs



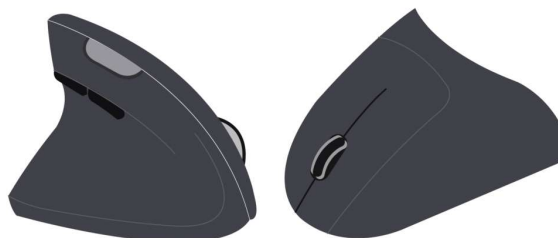
Right/Left-Handed Mouse

Merits:

- Slight curve allows for a more neutral posture of the hand, wrist, and elbow.
- Minimizes contact stress.

Limitations:

- May be difficult for user to transition from a standard mouse.



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Alternate Computer Mouse Designs



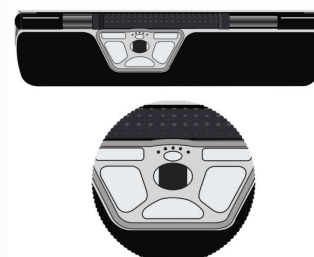
Rollermouse™

Merits:

- Allows for left and right hand use.
- Eliminates lateral reach.
- Programmable to accommodate user's needs.

Limitations:

- May be difficult for user to transition from a standard mouse.
- Requires a training period to become proficient
- May increase horizontal reach to the keyboard.
- May result in awkward postures.



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Alternate Computer Mouse Designs



Trackball

Merits:

- Allows the thumb or multiple fingers to scroll depending on design.
- Does not require wrist movements.

Limitations:

- May be difficult for user to transition from a standard mouse.
- May not be as effective for tasks requiring precision.
- Potential for overuse and fatigue of finger/thumb muscle groups.



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Alternate Computer Mouse Designs

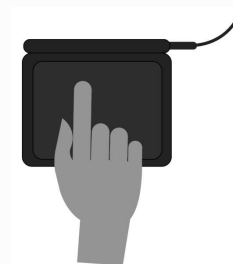
Touchpad Mouse

Merits:

- Allows for left and right hand use.
- May be of benefit for creative tasks (drawing, etc.).

Limitations:

- May be difficult for user to transition from a standard mouse.
- May be overly sensitive.
- May lead to awkward postures and contact stress.



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Introduction to OHCOW's Keyboard Shortcut Tutorial

Trevor Schell, M.Sc., CCPE

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Interactive Keyboard Shortcut Tutorial



- Prolonged mouse use has been linked to the development of MSDs such as carpal tunnel syndrome, epicondylitis, and shoulder strain.
- Keyboard shortcuts are keys or key combinations that you can press on your keyboard to perform a variety of tasks.
- Because both your hands can remain on the keyboard, using a shortcut to perform a task is often faster than using a mouse as well as reducing the risk of musculoskeletal disorders depending on your workstation design.
- Keyboards are also universal, meaning once you learn them you can use many of the same short cuts across a variety of applications

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Interactive Keyboard Shortcut Tutorial



- The tutorial was created to not only educate workers on the shortcuts but also to provide them with an opportunity to see a demonstration for each shortcut.
- The tutorials were created both for Windows and Macintosh users, as well as being closed captioned and are available in English and French.

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Interactive Keyboard Shortcut Tutorial





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Keyboard Shortcut Tutorial

What are keyboard shortcuts?

Select your computer




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Interactive Keyboard Shortcut Tutorial



- Included with each tutorial format/language a summary document of the major shortcuts and their actions is included



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Keyboard Shortcut Keys

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Keyboard Shortcut Keys

Many times, when working with computers, it is common for users to rely heavily on the mouse, resulting in an increased risk of injury. To reduce the amount of mouse work and the risk of injury, the following is a list of keyboard shortcuts ("hotkeys") for many commonly performed tasks. This is not a full list but is meant to be a quick reference guide for the most commonly used and useful shortcuts. Many more shortcuts exist that may be found through the software's help feature.

Windows	Description	Mac
	Brings up the start menu and the arrow keys can be used to select a program	N/A
	Minimizes all open programs to show the desktop	
	Launches Windows Explorer/finder	
	Allows to switch between open programs	
	Launches Task Manager	
	Closes the current program	
	Moves forwards through options in forms, dialog boxes, etc.	
	Moves backwards through options in forms, dialog boxes, etc.	
	Locks computer	
	Split Screen	



+ 1.877.847.0336
 + osh@ohcwo.on.ca
 + ohcwo.on.ca

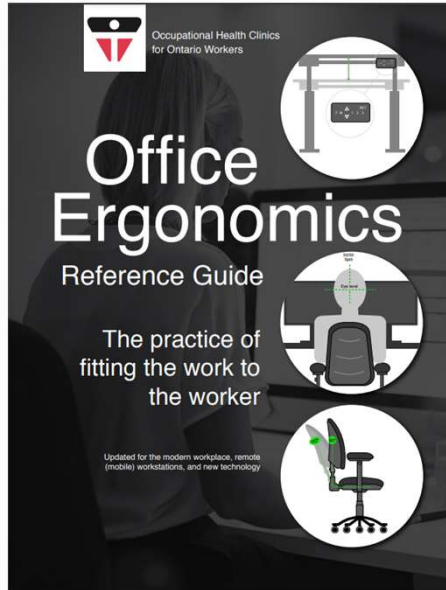
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Office Ergonomics Reference Guide



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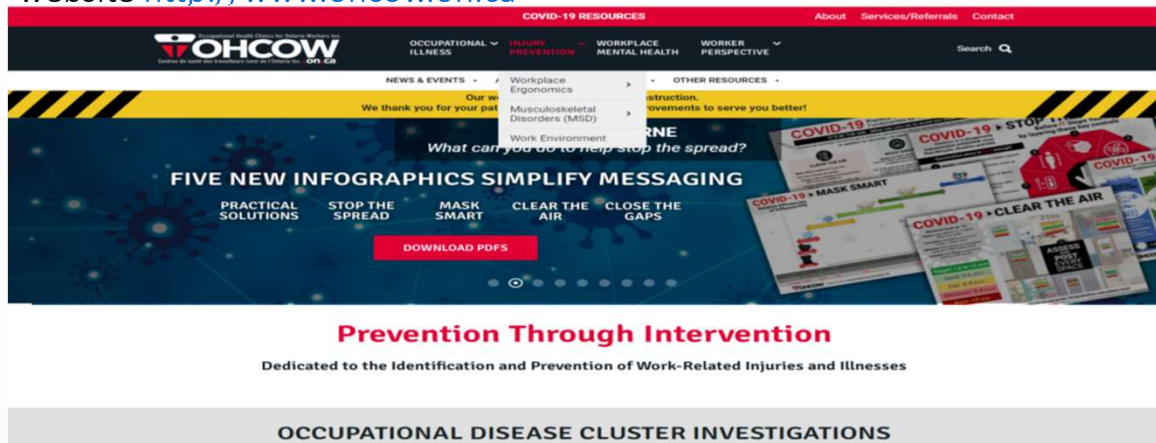


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Office Ergonomics Reference Guide Location



Office Ergonomics Reference Guide can be found on the OHCOW website <http://www.ohcow.on.ca>



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Office Ergonomics Calculator

About your workstation

Click here for short video about office ergonomics and the Ergo Calculator
 Click here for measuring technique tips
 Click here to retrieve a previous assessment
 For specific instructions on each measurements click the image

Seat Pan Height (from floor)  <input type="text" value="Enter in cm"/>	Arm Rest Height (from floor)  <input type="text" value="Enter in cm"/>	Seat Pan Depth (from back of seat)  <input type="text" value="Enter in cm"/>	Workstation Height (from floor)  <input type="text" value="Enter in cm"/>
UNDER CONSTRUCTION!			
Screen Height (from floor)  <input type="text" value="Enter in cm"/>	Keyboard Height (from floor)  <input type="text" value="Enter in cm"/>	Mouse Height (from floor)  <input type="text" value="Enter in cm"/>	

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Save the Date – Upcoming OHCOW Webinars

Topic	Additional Information
RSI Day 2022 – Session 2 Integrating Components for a Return to Work (RTW) Program February 17, 2022 10:00 AM to 12:00 PM EST	To Register go to: https://www.ohcow.on.ca Click News & Events Click Events Click Repetitive Strain Injury (RSI) Day
RSI Day 2022 – Session 3 Ergonomics for Specific Occupations February 24, 2022 10:00 AM to 12:00 PM EST	
RSI Day 2022 – Session 4 Ergonomic Prevention Tools February 28, 2022 10:00 AM to 12:00 PM EST	

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For More Information Contact Your Local OHCOW Clinic



1-877-817-0336

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