

ERGONOMICS: REPETITIVE MOTION

Motions performed infrequently, even if performed in an awkward position, seldom result in any bodily harm. However, as a particular motion becomes more and more frequent, the risk of injury increases. With keyboard work, some motions are repeated as often as every few seconds. When performed for a prolonged period of time, fatigue and strains accumulate. Changing tasks during the day or taking periodic breaks can provide muscles and tendons with the time needed to recover to their normal unstressed state.