



**— Employee —**  
***Safety Toolkit***

**pork**  
**checkoff®**





# **Movement**

Movimiento





# Movement (*Movimiento*)

## Repetitive Motion (*Movimientos Repetitivos*)

### KNOWLEDGE CHECK

#### CHEQUEO DE CONOCIMIENTO

##### Directions (*Direcciones*):

Circle the things you can do to prevent a slip, trip, or fall.

*Rodear las cosas que puede hacer para evitar un resbalón, tropezón o caída.*



**Grip tools tightly (digs into palm)**  
*Agarrar las herramientas firmemente (cava en la palma)*



**Work with good posture**  
*Trabajar con una buena postura*



**Work from an awkward position**  
*Trabajar desde una posición muy incómoda*



**Lift objects over your head**  
*Levantar objetos encima de la cabeza*



**Work in a comfortable position**  
*Trabajar en una posición cómoda*



**Continuously bend or twist wrists**  
*Continuamente doblar o torcer las muñecas*



**Take short stretch breaks when repeatedly performing the same tasks**  
*Tome descansos cortos de estiramiento cuando se realizan varias veces las mismas tareas*



**Gently stretch the parts of the body you have been using**  
*Estirar suavemente las partes del cuerpo que ha estado utilizando*



# Movement

## Repetitive Motion

### SKILL LAB: MANAGER'S SHEET

#### Preparation for Skill Lab:

1. Identify a common movement your employees would do at work that could cause a repetitive motion injury in their hands or wrists (i.e. processing pigs, vaccinating, or power washing).
2. Gather the tools or supplies needed to practice that activity

#### Facilitation of Skill Lab:

1. Instruct employees to review the three strategies to avoid repetitive motion injuries. These are recapped on their employee instruction sheet.
2. Have employees demonstrate these strategies while performing the common movement you identified.
3. Rate the employees and provide feedback for each step.

#### Take-away Question:

Ask the employees the take-away question and 2-3 days later have them answer the question. If they are new employees, wait a week to have them answer the question.

- In what tasks am I at risk for a repetitive motion injury?

#### Evaluation

Step	Evaluation Criteria	Rating & Feedback
1. Switch hands	Did the employee demonstrate the ability to switch hands while performing the task?	<input type="checkbox"/> Satisfactory <input type="checkbox"/> Needs Improvement <u>Feedback:</u>
2. Keep wrists neutral	Did the employee keep their wrists neutral while performing the task?	<input type="checkbox"/> Satisfactory <input type="checkbox"/> Needs Improvement <u>Feedback:</u>
3. Stretch hands & wrists	Did the employee stretch their hands and wrists while performing the task?	<input type="checkbox"/> Satisfactory <input type="checkbox"/> Needs Improvement <u>Feedback:</u>

**Knowledge Check Correct Answers:** Comfortable position, stretch breaks, good posture, gently stretch parts of body you have been using



# Movement (*Movimiento*)

## Repetitive Motion (*Movimientos Repetitivos*)

### SKILL LAB: EMPLOYEE INSTRUCTION SHEET

LABORATORIO DE HABILIDADES: HOJA DE INSTRUCCIONES PARA LOS EMPLEADOS

#### 1. Switch hands

*Cambiar la mano que usa*



#### 2. Keep wrists neutral

*Mantener las muñecas neutrales*



#### 3. Stretch hand & wrists

*Estirar las manos y las muñecas*



#### Take-away Question (*Pregunta Para Llevar*):

In what tasks am I at risk for a repetitive motion injury?

*¿En qué tareas am estoy en riesgo de una lesión por movimientos repetitivos?*



