

TILE (task, individual, load, environment)

Remember **TILE** for safe manual handling to help reduce musculoskeletal (MSK) conditions.

Manual handling can injure your back, neck and joints.

Following the four **TILE** steps will greatly reduce the risk of MSK injuries.

Find more information on **TILE** on the VGC hands web page: VGCgroup.co.uk/hands

Common hand injuries

Watch out for symptoms caused by repetitive tasks. These are some of the most common injuries:

- Carpal tunnel syndrome – damage to a nerve running through the wrist and into the hand. Symptoms can include numbness, tingling, and pain in your thumb and fingers, and pain and burning up your arm and wrist.
- Vibration white finger – numbness and tingling of the fingers, especially in cold weather, through use of vibrating hand tools. Symptoms can include loss of strength and grip.
- Dermatitis and burns - caused by direct contact with chemicals, detergents, metals or very hot or cold objects. Symptoms include dry or cracked skin.

Protect your hands!

Wear the correct PPE gloves and keep your hands warm and dry whenever possible. If your gloves get wet and do not dry out overnight, request a fresh pair if possible.

Around 469,000 workers suffered from work-related musculoskeletal disorders in 2017/18.

6.6 million working days were lost.

There is a clear link between MSK problems, mental health and work loss.

MSK problems cause pain, loss of mobility and dexterity, which can limit activity. This can lead to a loss of confidence and increased fears about the future.

Factors that can contribute to MSK injuries:

- Fixed or constrained body positions
- Continual, repeated movements
- Force concentrated on small parts of the body like the hand or wrist
- A pace of work that does not allow time to recover between movements
- Operating vibration equipment can lead to hand-arm vibration syndrome (HAVS)

Follow safe systems of work

Take breaks from repetitive tasks by sharing tasks with fellow workers. Monitor your vibration times and do some hand exercises regularly.

- Stretch fingers by spreading them wide apart for a few seconds. Repeat three times with each hand.
- Stretch your thumb by holding it down gently for five seconds. Repeat three times with each hand.
- Stretch your wrist by making circles with your hands. Repeat 10 times.