



Description of Event

Work activities could cause long-term RIDDOR reportable issues such as Carpal Tunnel Syndrome.

Population at Risk

Designers, Construction Workers and Maintenance Workers

Hazardous Activity and Residual Risk Description

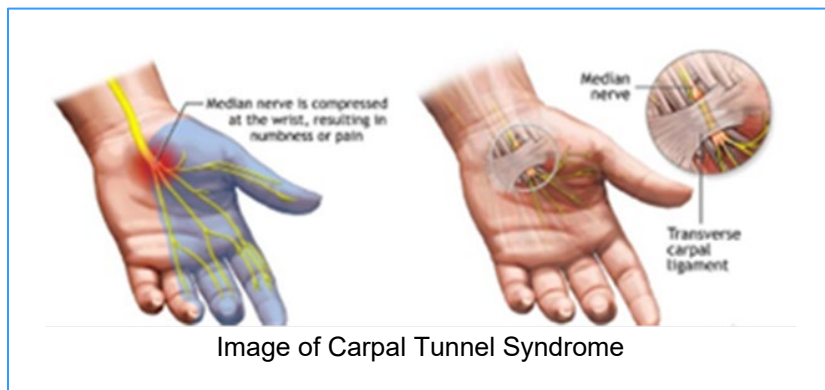
- Workplace risks such as using hand-held power tools or long-term repetitive use of for e.g., keyboards can lead to the development of conditions such as Carpal Tunnel Syndrome (CTS).
- These work-related risks have an assessed residual risk of a likely likelihood of moderate harm.

Potential consequences of this event

- Carpal Tunnel Syndrome is a RIDDOR reportable event that can leave long-term and, in some cases, permanent damage to nerves within the hand.
- The residual risk requires additional support on how to identify early signs as well as ways to reduce likelihood of the condition occurring.

Safety Hub Alert Database

- No issues on current database as of July 2022.



Potential Mitigation Measures

Designers/Office Workers

- Designers to be aware that the risk of CTS is applicable to office/computer workers as well as those on site.
- Designers should undertake Display Screen Equipment (DSE) assessments within their workplace and complete appropriate training to lower the risk of developing CTS.
- Listen to your body. Be mindful of aches, pains or general discomfort when working or in general, investigate and see your GP. Early intervention is key with many DSE related conditions.
- Some workplaces may offer additional medical cover as part of their benefits structure where further support and treatment can be sought.
- Designers should always look to prevent CTS in construction and maintenance operations by designing out the need for work to be completed by hand-held power tools. DfMA and appropriate plant access should always be considered e.g., for pile cap break-out.

Construction/Maintenance Workers

- DSE assessments to undertaken.
 - Increased use of digital based tools on site.
 - PPE such as gloves and anti-vibration wraps can be used where the requirement to use hand-held power tools cannot be avoided.
 - Regular breaks with stretching can also help prevent CTS.
- Construction and maintenance workers should stop work if inadequate tools are provided as it is easier to prevent CTS than it is to fully treat it.



Further Guidance and Reading

- [NHS – Carpal Tunnel Syndrome](#)
- [RtB 24 – Hand Arm Vibration](#)
- [RtB 26 – Safety by Design](#)



Please send ideas for Whole Life Design safety shares to wellbeing@nationalhighways.co.uk

LEAN

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