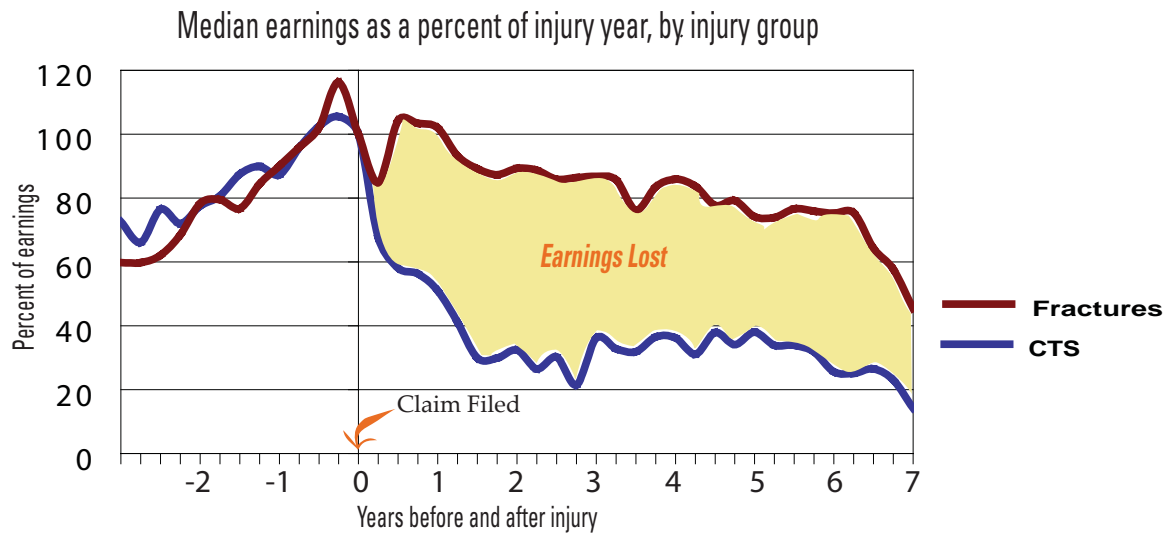


## What a Trucker Needs to Know About CTS

Chronic injuries such as carpal tunnel syndrome (CTS) affect many trucking industry employees. Workers with these injuries experience long-term physical and financial impacts. As seen in the graph below, CTS can be a life-changing

injury if it is allowed to progress.

These injuries also affect companies in the form of workers' compensation costs and finding or keeping valued employees.

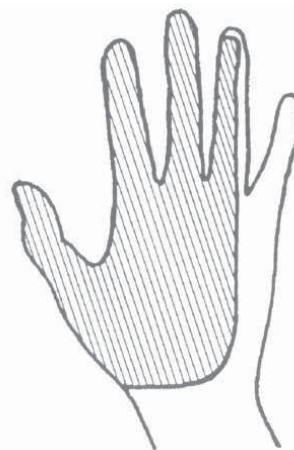


Note the difference in post-injury earnings between those with CTS and those with other common injuries such as fractures.\*

### What causes CTS?

CTS occurs when the median nerve is compressed along its path in the narrow carpal tunnel in the wrist. While there are many causes, high hand force combined with awkward postures or repetitive movements can increase the risk.

CTS is a preventable and reversible injury, especially if you catch it in the early stages.



Numbness or tingling in this area can be signs of CTS.

### What should I do if I suspect CTS?

- **Consult a physician immediately.** If treated early, CTS can be reversible.
- Alter work patterns to reduce forceful pinch and power grips.

[www.KeepTruckingSafe.org](http://www.KeepTruckingSafe.org)

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**Reference:** Foley M, Silverstein BA, Polissar N. 2007. The Economic Burden of Carpal Tunnel Syndrome: Long-Run Earnings of CTS Claimants in Washington State. *Am J Ind Med* 50:155-172.

\* The downward slope after injury is due both to the effect of injury preventing their return to work and to natural labor force turnover (e.g., retirement, self-employment and out-migration.) This occurs with both the fractures (comparison group) and CTS claimants.