**Why Talk about Contact Stress?**

**How can I reduce the risk of an injury?**

Contact Stress can easily lead to injury by cutting off circulation to a localized area leading to discomfort and a possible MSI if the pressure is prolonged or repetitive. Common areas of pressure in the lower extremity is the knee, thigh, or foot. A common sign would be a depression, or a divot, left in the skin or pale skin after contact stress.

Here are some tips to working safely and preventing an injury from occurring.:

* Use knee pads or a kneeling pad.
* Round or pad the edges of sharp or uneven workstations.
* Sit in a properly sized chair.
* Use the proper tool for the task at hand.
* Use a mallet instead of using the knee or foot as a hammer.
* Set up the work area to accommodate the worker.
* Change the work area to minimize overreaching.
* Use a footrest or lower the chair height to prevent pressure against the back of the thigh.
* Wear Properly Fitted Steel Toed Boots.

**What are some of the hazards associated with Contact Stress in the Lower Extremity?**

* Using the knee or the foot as a hammer.
* Kneeling for long periods of time while performing a task.
* A poorly set up workstation. E.g. A file cabinet positioned too close to the seated position of an office worker creating contact stress.
* Leaning against the edge of a hard or sharp work surface.
* Pressure against the back of the thigh when sitting in an elevated chair without foot support.
* Sitting on an improperly fitted chair.
* Dropping an item on the foot.

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Awkward posture to complete a task.

Chair pressing up against the back of the knee.

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| **MEETING DESCRIPTION** | | | |
| **Meeting Date:** |  | **Time:** |  |
| **Location:** |  | **Supervisor:** |  |
| **Number in Crew:** |  | **Number Attended:** |  |
| **Attended By:** |  |  | **Absent** |
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| **REVIEW ITEMS FROM PREVIOUS MEETING** | **INCIDENTS/INJURIES REVIEWED** |
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| **TOPICS DISCUSSED** |
| 1. **MSI – Contact Stress – Lower Extremity** |
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| **WORKERS CONCERNS** |
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| **CORRECTIVE ACTIONS TO BE TAKEN** |
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| **MEETING CONDUCTED BY** | | | |
| **Supervisor:** |  | **Manager:** |  |
| **Date:** |  | **Date:** |  |