

GENERAL MEMBERSHIP MEETING

Wednesday, February 15th, 2012 @ 11:30 am

“Concussions” – Rebecca Quinn, Project Director Center for Rural Health, UND

IT'S ALL IN THE



If you work at a computer typing for long hours, have hand and wrist injuries or suffer from arthritis, you may have experienced a loss of dexterity in your hands. Look around and you will probably find that one of your coworkers is having the same problem. In fact, one in five adult computer users in our country have difficulty with dexterity. In order to avoid and reduce pain at work, try to limit your hand and finger movements as much as possible. Take stretching breaks and make sure that you are using a keyboard, mouse and software program that fit your needs.

The Key To A Good Keyboard

Most of your tasks that involve dexterity will be performed on a keyboard. Take these steps to use your keyboard the right way.

1. Put your keyboard directly in front of you
2. Relax your shoulders
3. Keep your elbows close to your body
4. Keep your wrists straight and aligned with your forearms.

If after following these steps you are still having pain, consider buying a special keyboard. A keyboard with a split design allows you to maintain neutral wrist posture. You will also want a keyboard without a built-in wrist rest, as a separate wrist rest will give you better support. Your wrist rest should be the same width, height and shape of your keyboard and be at least 1.5 inches deep to lessen the pressure on your forearm and wrists.

To remedy that painful laptop typing, opt for an external ergonomic keyboard and mouse!



Is Your Mouse A Pest? Look, No Hands!

Now that you have made sure that your keyboard is just right, double check your mouse. Make sure your mouse rests next to your keyboard and matches the shape of your hand. www.welcoa.com



If you have already made these changes and more are still needed, consider buying a voice recognition software package. These software packages will allow you to perform tasks such as typing documents and creating presentations using your voice rather than your hands. There are also voice recognition programs that will allow you to surf the Internet.



BOARD MEETING

Board members meet the first Thursday of the month – 6:00-8:00 pm at the Valdak Corp. 1149 36th Ave. S (Valley Dairy)

NEXT MEETING ☞ Mar 1st

2012 BOARD MEMBERS

Eric Pearson (President)

UND Campus Safety & Security

Christin McWaters (Vice-President)

UND Energy Environmental Research Center

Joe Strang (Treasurer)

Valley Dairy Car Wash

Cindy Holweger (Secretary)

Development Homes

Todd Brady

Marvin Windows and Doors

Dan Mankie

Cirrus Aircraft

Rachel Kmecik

Grafton Equipment Company

Rick Else

Workforce Safety & Insurance

COMMITTEES

Communication Committee

(Linda Wiley, Todd Brady)

- ♦ Visit us at www.nosha.net for the latest updates and announcements!

Education Committee

(Rick Else)

Upcoming GM Meeting Presentations

- ♦ **March 21st** Examples of Root Cause and Safety Performance Tracking – Diane Johnson, Safety Director, JR Simplot.
- ♦ **April 18th** Key information on OSHA 300 Log – Maurizio Delcaro, Safety Director, AGCND.
- ♦ **May 16th** – “Team Building Exercise” key for a successful safety program – Sally and Dave Opp, Opp Construction.

Membership Committee

(Christin McWaters, Rachel Kmecik)

“60 MEMBERS STRONG and GROWING!”

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety.