



## Flagger Shoulder Strain Exposures

Flagging operations typically consist of an eight-hour shift, not including breaks. The standard hand-held stop/slow paddle is equipped with a 10" rigid handle and its octagonal shape must be a minimum dimension of 18"X18"; in fact, some states require a minimum octagonal dimension of 24"X24". The weight of these paddles range from 1.8 and 2.3 pounds.

On busy a busy street, employees need to hold the stop/slow paddle for the duration of their entire shift, thus exposing themselves to shoulder strains or other occupational injuries such as:

- **Arthritis osteoarthritis**—This condition is due to the wearing down of cartilage
- **Rotator cuff injuries**—These include tendonitis and rotator cuff tears, and are the most common causes of shoulder pain and activity restriction
- **Bursitis**—This is the inflammation of the bursa and is most often caused by repetitive motions (overuse), or repeatedly bumping or putting pressure on the area.

### Safer Way

Pole mounted stop/slow paddles reduce the stress on the employees shoulder while at the same time reducing both acute and/or repetitive shoulder strain injury potential. Pole mounted stop/slow paddles allow employees to rest the weight of the paddle on the ground minimizing the impact on the employee's shoulder and reducing fatigue.



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