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.

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.

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.

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

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