

# The Industrial Problem of Cumulative Trauma Disorders (CTDs) and Carpal Tunnel Syndrome (CTS)

### What are Cumulative Trauma Disorders (CTDs)?

Cumulative Trauma Disorders (CTDs) is the most common term used to refer to the diseases related to the upper limbs. Similar terms used to describe these problem areas are:

- repetitive strain injuries
- · occupational cervicobrachial disorders
- · occupational overuse syndromes

Cumulative Trauma Disorders are caused by repetitive stresses on a particular body part after periods of job related micro-trauma. Basically there are three types of injuries to the machine operator. These injuries include nerve disorders, tendon disorders or neuro-vascular disorders.

Nerve Disorders-Carpal Tunnel Syndrome (CTS)

Common Tendon Disorders-Tendinitis, Tenosynovitis, DeQuervain's disease, Stenosing Tendsynovitas, Stenosing Tenosynovitas Crepitans.

Neurovascular Disorders-Thoracic outlet syndrome.



Red shaded areas normally affected by symptons of carpal tunnel syndrome, which include tingling or burning sensation, clumsiness, hand pain and numbness.

### What UltraTouch® Does For You

The patented sound ergonomic design criteria of UltraTouch® advances machine cycle initiation into the 21st century. The UltraTouch system has been designed so the machine operator can initiate the machine cycle with their hand and wrist area in the neutral position and with no exertion of force or pressure.

This minimizes hand, wrist, and arm stresses related to the potentially harmful extension and flexion positions of the hand required to activate conventional spring-loaded palm buttons. No flexing of the wrist is necessary with UltraTouch.

Wrist and hand positions are most important as contributing elements of Carpal Tunnel Syndrome. Wrist position is important because it affects the length and tension relationship of contracting muscles. As the angle of the joint (wrist) increases or decreases beyond its midpoint (neutral position), there is a proportional decrease in the machine operators effective strength. This means that more exertion or tendon tension is required to do a task with a bent wrist than the same task with the wrist in the neutral position. Hand and wrist posture along with force required are base contributing elements to Carpal Tunnel Syndrome.

### **Benefits**

### **Human Factor Engineering (Ergonomics)**

*UltraTouch*® has been designed to interact with the operator, machine operation, and the work place in a safe and efficient way. This effective design of equipment will be most helpful in the controlling of Carpal Tunnel Syndrome and other Cumulative Trauma Disorders.

### **Productivity Increases**

Increases in productivity are achieved by a reduction in operator fatigue and operator injury along with basic production line cycle time decreases.

### **Employee Morale**

Easier job related actions and movements with both work methods analysis and ergonomic checklist analysis provide a healthier and more positive work environment.

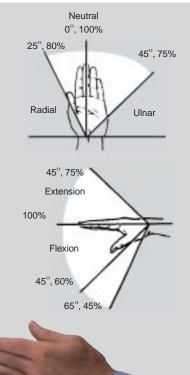
### **Fatigue Control**

Ease of safe machine activation enables the machine operators to utilize their energy for more productive efforts. The reduction of fatigue is an essential element when trying to control Cumulative Trauma Disorders such as Carpal Tunnel Syndrome.

The UltraTouch system negates these problems by permitting the machine operator to activate the machine with no force or pressure and with the operators hand and wrist in the premier ergonomic position of neutral, 0° deviation and 100% hand power position.

UltraTouch eliminates the normal pressure required for machine activation with conventional palm buttons of the median, ulnar and radial nerve at the wrist and hand area.

UltraTouch also permits the machine operator to activate the machine cycle with or without hand protection devices such as splints and even heavy metal fabrication work gloves.



### Reference— Hand and Wrist Positions

The machine operator's reference hand and wrist positions illustrate the degree of wrist deviation (bending) expressed as a percentage of hand power grip as measured in the neutral (natural) position.

The UltraTouch system utilizes the premier ergonomic position of neutral, 0° deviation and 100% hand power for the machine operator.

The photo shows an operator's hand actuating the UltraTouch module with the correct ergonomic hand position.

The hand is at rest with no angle or bending at the wrist joint and the hand is at the "thumbs up" position. This is the same natural hand and wrist position that is maintained when ones arms are at rest hanging at their side. There is no need to cup and curl the fingers or to roll the wrist to actuate the UltraTouch system.

This further illustrates the total advanced ergonomic engineering displayed by the UltraTouch design.

### **Economic Justification**

There are substantial costs related to Carpal Tunnel Syndrome versus the costs and benefits to prevent them. Various factors that can be incorporated into the analysis are reduced overhead costs, employee morale, reductions in non-productive time, and improved productivity. Factors involved with overhead expense may include: medical costs, compensation costs, lost productivity due to injuries, absenteeism, and labor turnover.

### **Workman's Compensation Cost Control**

*UltraTouch* can reduce the costs related to Cumulative Trauma Disorders in relation to Workman's Compensation Insurance claims. Both medical and disability costs can be reduced with the control of Carpal Tunnel Syndrome.

The actual costs of Cumulative Trauma Disorders and Carpal Tunnel Syndrome are actually higher than those covered by Workman's Compensation Insurance. Insurance does not cover medical treatments rendered directly by the employer, and many employees supplement the disability coverage provided by the insurance carrier. Additional costs are incurred when expenses are paid for by the injured worker or by comprehensive health insurance, which may be provided by the employer as a fringe benefit.

### Reduced Maintenance

The solid state design of *UltraTouch* assures long life when compared to conventional spring-loaded mechanical palm buttons. The only component with a moving part is the industrial grade captive contact safety relay, and it is rated for an excess of 10 million cycles and is easily replaceable.

The *UltraTouch* module is designed to be a direct replacement into existing operator run bar stations which is a true maintenance and installation time saver.

### **Applications**

The *UltraTouch* system is designed to activate electric, pneumatic, air clutch, and hydraulic equipment such as punch presses, press brakes, molding machines, assembly equipment, tube benders, compacting presses, riveters, etc. Virtually any machine that is currently using conventional mechanical spring-loaded palm buttons can now utilize the sound ergonomic design of *UltraTouch*.

### UltraTouch® Design

The patented *UltraTouch*® system has been designed as a direct replacement for standard spring-loaded mechanical palm buttons and is designed to fit into existing operator palm button stations without modification.

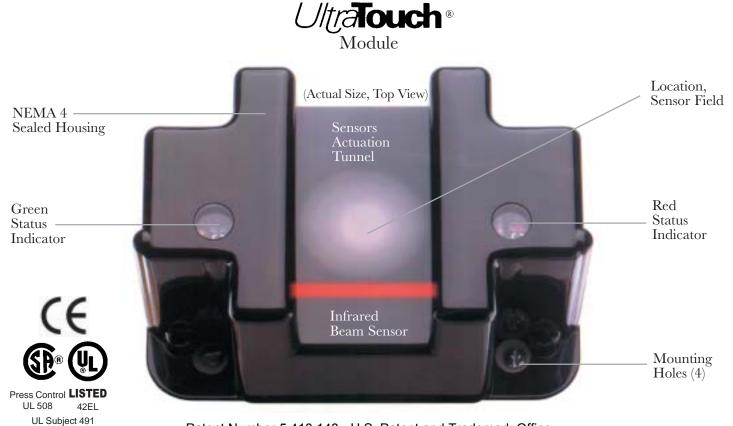
The *UltraTouch* enclosure is a molded high strength NEMA 4 polycarbonate module designed to meet the high impact and vibration requirements of industry. The solid state electronics of the Ultra Touch switch incorporates an advanced redundant diverse sensor design. This means that each module has two different sensors with isolated circuits along with a monitoring redundant circuit. The circuitry of *Ultra Touch* is also designed to provide second-order failure protection. This gives the *UltraTouch* an unparalleled level of safety and assurance against inadvertent actuation, or failing in the "on" or conducting mode, which is a common problem found throughout industry with competitive ergonomic switch replacements. The *UltraTouch* design is so *safe* against inadvertent actuation that two Ultra Touch modules when spaced and located properly in accordance to OSHA and ANSI hand control distance formulas (the

same formula is used for mechanical palm buttons), permit its use as an operator safety two-hand control device. The *UltraTouch* dual dissimilar sensor format is designed for the machine operator to actuate the switch, and that no inadvertent foreign objects such as sleeves, insects, broomsticks, playing cards, rags, mists or droplets can activate or trigger the switch. This gives *UltaTouch* an unparalleled level of safety while giving the operator the benefit of using the correct ergonomic hand position of neutral, 0° deviation and 100% hand power.

### **UltraTouch Configuration**

The *UltraTouch* dual dissimilar sensor ergonomic palm switch is configured in the following manner:

A U-shaped sensors actuation channel (shown below) provides a triggering point for the machine operators hand. This is where the invisible infrared light beam is located and is crossing the channel. There is also a unique U-shaped location sensor mounted on the inside of the *UltraTouch* enclosure that hugs the sensor channel and is insulated by the enclosure itself. When the machine operator inserts their hand into the sensor actuation tunnel, both the infrared sensor and the location sensor must be satisfied in order to energize an electro-



mechanical relay to send a cycle start signal to the machine. Both individual sensors within each module are time interlocked, and if both sensors are not triggered concurrently by the operator's hand, the *UltraTouch* output will be inhibited to the machine control. The module also contains two visible LED indicators which informs the status of the *UltraTouch* module to the operator. A green LED indicates that the relay contacts are closed, both sensors have been activated, and no failures have been detected. The red LED indicates that the relay contacts are open and no satisfactory conditions were detected on both sensors. This advanced patented Ultra Touch design is not available on any competitive unit and gives the *UltraTouch* user an unparalleled level of safety when using ergonomic zero force actuation devices. Additionally, the operator will be activating the machine properly by using the correct ergonomic hand position of neutral, 0° deviation, and 100% hand power.

### Easy to Install

*UltraTouch* installs with ease and comes with complete installation instructions.

Simple module design permits direct exchange for existing spring-loaded mechanical palm buttons and even utilizes the existing screw holes on the run bar. All systems have normally open (N.O.) and normally closed (N.C.) contacts, and are also available in a four pole wiring configuration depending on the machine control requirements. The ultimate in versatility!

New installations and retrofit projects are completely installed in minutes by a qualified electrician. Also supplied is a toll free 800 number if any questions should

arise by your installation personnel.

### UltraSafe Design

Each *UltraTouch* switch module incorporates the following safety design features:

- Two dissimilar sensors
  - a) Infrared sensor
  - b) Positive location sensor
- Redundant circuitry
- Chatterfree design circuit
- Anti-noise circuit
- No false trip on power up circuit
- · Captive contact safety relays
- Operator status indicators
- Interlock circuit between the diverse sensors
- · Immune to EMI and RFI noise
- Immune to weld field interference
- Control reliable design

### **OSHA, ANSI & CSA Standards**

The mounting locations of *UltraTouch* must conform to all State, Province, and Federal codes and all regulations pertaining to the subject machine on which the *UltraTouch* is to be applied.

### **Point of Operation Guarding**

The *UltraTouch* system is a machine cycle initiation component that is designed to be a two-hand control device for the machine operator. If a point of operation guarding device is desired or required, please contact your local distributor or the factory for devices to comply with ANSI B11.1 or the various OSHA regulations.

(Below standards are only partial reprint)

### American National Standard B11.19-1990

4.2.4.2.3 Two-Hand Control Devices. The two-hand control shall be designed to protect each hand control against accidental or unintentional operation.

The two-hand control shall have the individual operator's hand controls arranged by design, construction, or separation to require the use of both hands to cycle the machine tool. The two-hand control shall be designed to require concurrent operation of both the

operator's hand controls to cycle the machine tool.

If more than one operator is to be safeguarded by the use of two-hand controls, each operator shall have individual operator hand controls. The selection of the operator's controls shall be capable of being supervised by the employer. Additionally, each selected two-hand control shall be concurrently operated before the machine tool is cycled. The two-hand control system shall be designed and constructed so as to prevent cycling of the machine tool if all the operator's stations are deselected.

The two-hand control shall be designed to require the release of all selected operator's hand controls and the reactuation of all operator's controls before a machine cycle can be initiated.

### 4.2.4.3 Operation

4.2.4.3.1 It shall be the responsibility of the employer to ensure that the two-hand operating lever, trip, or control device is installed, operated, and maintained in accordance with this standard.

4.2.4.3.2 The device shall be located at a distance from the nearest hazard such that the operator cannot reach the hazard with a hand or other body part before cessation of motion of the hazardous portion of the machine cycle. The two-hand operating lever, trip, or control device shall require concurrent actuation of both of the operating levers or hand controls to initiate a machine cycle.

4.2.4.3.3 The two-hand control device shall require the concurrent actuation of the operator's hand controls during the hazardous portion of the machine cycle such that the operator cannot reach the hazard before the hazardous motion has ceased.

### OSHA Federal Register Section 1910.217

(v) Two-hand controls for single stroke shall conform to the following requirements:
 (a) Each hand control shall be protected against unintended operation and arranged by

(a) Each hand control shall be protected against unintended operation and arranged by design, construction, and/or separation so that the concurrent use of both hands is required to trip the press.

- (b) The control system shall be designed to permit an adjustment which will require concurrent pressure from both hands during the die closing portion of the stroke.
  - (c) The control system shall incorporate an anti-repeat feature.
- (d) The control system shall be designed to require release of all operators' hand controls before an interrupted stroke can be resumed. This requirement pertains only to those single-stroke, two-hand controls manufactured and installed on or after August 31, 1971.

\* \* \* \* \*

(vii) The two-hand control device shall protect the operator as specified in paragraph (c)(3)(i)(e) of Section 1910.217.

(a) When used in press operations requiring more than one operator, separate two-hand controls shall be provided for each operator, and shall be designed to require concurrent application of all operators' controls to activate the slide. The removal of a hand from any control button shall cause the slide to stop.

(b) Each two-hand control shall meet the construction requirements of paragraph (b)(7)(v) of this section.

(c) The safety distance (D<sub>S</sub>) between each two-hand control device and the point of operation shall be greater than the distance determined by the following formula:

D<sub>S</sub>=63 inches/second X T<sub>S</sub>;

where: D<sub>S</sub> = minimum safety distance (inches); 63 inches/second-hand speed constant; and Ts = stopping time of the press measured at approximately 90° position of crankshaft tation (seconds).

(d) Two-hand controls shall be fixed in position so that only a supervisor or safety engineer is capable of relocating the controls.

### **Ergonomic Palm Button Replacement Grid Checklist**

### "Compare the Difference"

### UltraTouch

Design Criteria

Diverse dual sensor design	YES	
Control reliable design of sensor circuits	YES	 
Redundant circuitry	YES	 
·	YES	 
• Incorporates second-order circuit failure protection		 
• Internal self-checking of infrared sensor and system circuits	YES	 
Built-in timed interlock within each module for the two diverse sensors	YES	 
Utilizes captive contact safety relays	YES	 
Diagnostics of sensor circuits and diverse sensors interlock circuit	YES	 
Not affected by external infrared light sources	YES	 
Built-in hysteresis	YES	 
No false trip on power up	YES	 
Anti-noise circuitry built-in	YES	 
Chatter free design built in	YES	 
Weld field immune	YES	 
EMI and RFI immune	YES	 
Completely self-contained unit, requires no additional relays or interface boards	YES	 
Operator status indicator lights     A. Red – Ready to cycle     B. Green – Cycle initiated	YES	 
• Fast reacting—Less than 20 ms	YES	 
NEMA 4 enclosure	YES	
Designs available for all machines:	YES	 
110 VAC - 2 pole or 4 pole configuration 24 VDC - 2 pole or 4 pole configuration	TLS	 
Directly interchangeable with existing mechanical palm buttons:     A. Electrically     B. Mechanically	YES	 
• Requires correct ergonomic hand position for zero force machine actuation of neutral, 0° deviation, and 100% hand power	YES	 
Cannot be actuated by screwdrivers, playing cards, rags, sleeves, broomsticks, mists or droplets	YES	 
Tactile feedback feel requires the operator to have the proper hand location for both safety and ergonomics	YES	 
Cannot be actuated by the operator's elbows	YES	 
Can be used as an operator two-hand safety control device*	YES	 
Complies with all applicable sections of OSHA, ANSI and CSA standards for operator two-hand control devices	YES	 
Repairable unit—not a disposable design	YES	 
Captive screws and gaskets supplied to ease installation	YES	
Two-year warranty	YES	 
	YES	 
	1110	 
Press Control <b>LISTED</b> UL 508 42EL Subject 491		

<sup>\*</sup> Requires two *UltraTouch* modules spaced and mounted in accordance with current OSHA and ANSI standards. OSHA and ANSI standards also require machines to have "control reliable" control circuitry.

### UltraTouch® Models

### Model#

### Description



**UL-101-2P** 

One *UltraTouch* module--Direct replacement into most existing operator stations into existing mechanical palm buttons space and screw configurations. Excellent for retrofit projects.



**UL-102-2P** 

One *UltraTouch* module with a complete self-contained NEMA 12 enclosure. Dimensional configuration of NEMA 12 enclosure of 3.50" (89mm) x 6.375" (162mm) x 2.95" (75mm). Excellent for installations when the *UltraTouch* system must be mounted individually due to space limitations.



**UL-301-2P** 

Two *UltraTouch* modules mounted on a NEMA 12 operator station run bar. The *UltraTouch* modules are mounted in accordance to OSHA, ANSI, and CSA standards in regards to run button spacing.



**UL-401-2P** 

Two *UltraTouch* modules mounted on a NEMA 12 operator station run bar with a red mushroom emergency stop button located in the center. Excellent for installations requiring an emergency stop button for the operator. All the modules are mounted in accordance to OSHA, ANSI, and CSA standards in regards to run button spacing.



**UL-501-2P** 

Two *UltraTouch* modules mounted on a NEMA 12 operator station run bar with a red mushroom emergency stop button located in the center and a yellow mushroom top button located off center. Ideal for the metal stamping/metal fabrication industry. All the modules are mounted in accordance to OSHA, ANSI, and CSA standards in regards to run button spacing.



UL-601 Specify

AC or DC

Anti-tie down/concurrent operation module. This assembly supplies the control that, when added to two *UltraTouch* devices, assures that the operator occupies both hands and must initiate both *UltraTouch* devices within a preset period of time. The antitie down/concurrent module comes in a NEMA 12 enclosure and can be added to any of the styles. NEMA 12 enclosure 6" (152mm) x 8" (203mm) x 6" (152mm). This is required on all machines that do not have this capability in the machine control. (Available without control box. Part #UL-601-NB module. Requires 4" (102mm) x 5" (127mm) space.)



**8500** 

The Model 8500 adjustable pedestal mount can be utilized for mounting the operator stations or the *UltraTouch* modules off the machine. These adjustable height pedestals are painted OSHA yellow and are of heavy angle construction with a floor mounting plate that can be lagged to the floor. The adjustable height feature assures the correct ergonomic position for various size operators. This will help control stretching and pulling strains of the operator.

### **Specifications**

NEMA 4 Sealed Housing Solid State Circuitry Dual Sensor Sources--Infrared/Capacitive Response Time <20 ms CSA Approved, UL Listed Module requires a 2" (51mm) mounting depth in run bar

### **Current Requirements**

110 VAC 2 pole -- 50 mA

4 pole -- 60 mA

24 VDC 2 pole -- 150 mA 4 pole -- 250 mA

### **Operator Status Indicator** -- LED's

A. Red -- Ready to cycleB. Green -- Cycle initiated

Relay Type -- Captive Contact Safety Relay

**Relay Rating** -- 8 amp @ 220 VAC; 16 amp @ 120 VAC

### Relay Cycle Life

Mechanical -- 50 million cycles

Electrical -- 100,000 cycles at 220 VAC, 4 amp

**Voltage Range** -- +/- 10% **Warranty** -- 2 years





ress Control LIS UL 508 42

UL Subject 491

### **Ordering Procedure**

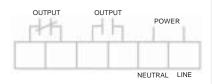


### Wiring Configuration

### **Ordering Procedure**

### 2 Pole 16 amps Double Throw Relay 120 VAC

Model # UL-101-2P



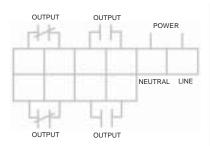
Relay operates when hand is inserted into sensors actuation tunnel.

If customized assemblies are required, please consult the factory. When ordering, please specify quantity required.

### 4 Pole Double Throw Relay 120 VAC

Relay Contact Rating

Model # UL-101-4P

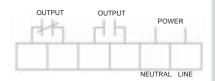


Relay operates when hand is inserted into sensors actuation tunnel.

When ordering, please specify quantity desired and Model Number shown on preceding page. Add the suffix 4P to the Model Number to designate the UltraTouch Model to be supplied with a 4 pole double throw relay configuration. Examples: UL-101-4P, UL-102-4P, UL-301-4P, UL-401-4P, UL-501-4P

## 24VDC 16 amps Voltage System 2 Pole Double Throw Relay

Model# UL-101-2P-DC



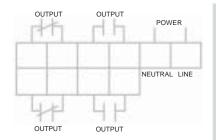
Relay operates when hand is inserted into sensors actuation tunnel.

When ordering, please specify quantity desired and Model Number shown on preceding page. Add the suffix 2P-DC to the Model Number to designate the Model to be supplied with a 24VDC 2 pole system. Examples: UL-101-2P-DC, UL-102-2P-DC, UL-301-2P-DC, UL-401-2P-DC, UL-501-2P-DC

## 24VDC 8 amps Voltage System 4 Pole Double Throw Relay

Model#

**UL-101-4P-DC** 



Relay operates when hand is inserted into sensors actuation tunnel.

When ordering, please specify quantity desired and Model Number shown on preceding page. Add the suffix 4P-DC to the Model Number to designate the Model to be supplied with a 24VDC 4 pole system. Examples: UL-101-4P-DC, UL-102-4P-DC, UL-301-4P-DC, UL-401-4P-DC, UL-501-4P-DC

*UltraTouch* machine actuation devices are not to be used on full revolution power presses or on machinery utilizing restraints or pull-out devices as the point of operation guarding systems.

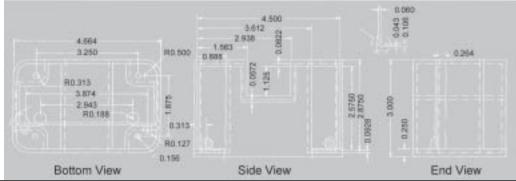
### **Mounting Dimensions**

Dimensions in Inches

### UltraTouch®

### **UL-101 UltraTouch® Module**

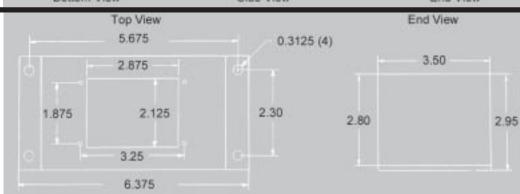
**Enclosure Specifications** • Material 0.125 in plastic



### **UL-102 Module Base All Styles**

**Enclosure Specifications** 

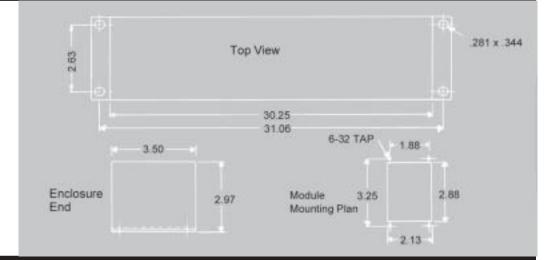
- NEMA 13
- 14 Gauge
- Steel Enclosure



### **UL-301 UL-401 UL-501 All Styles**

**Enclosure Specifications** 

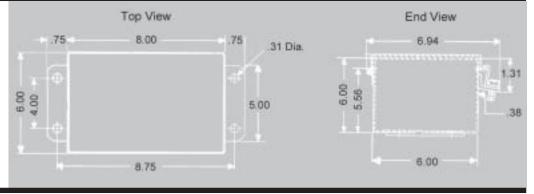
- NEMA 13
- 14 Gauge
- · Steel Enclosure



### **UL-601**

Enclosure Specifications
• NEMA 12 & 13

- UL 50 Type 12 & 13
- JIC Std. EGP-1967
- CSA Enclosure 5
- IEC 529, IP65
- 14 Gauge
- Steel Enclosure



Specials

- 1. Stainless steel module bases.
- 2. Cast malleable iron module bases.