

# Repetitive Computer Work ≠ Proof Carpal Tunnel Syndrome Is Work-Related



An office worker claimed the carpal tunnel syndrome in her right hand was the result of working on her computer 7.5 hours per day without breaks. But the Workers' Comp Appeal Tribunal wasn't persuaded. While acknowledging that the work was highly repetitive and lasted longer than usual in the week leading up to the injury, the Tribunal noted that the medical expert who reviewed her case found that the repetition wasn't enough to cause carpal tunnel syndrome. This plus the fact that she wasn't exposed to cold temperatures, vibration, forceful exertion or any of the other risk factors for carpal tunnel syndrome listed in WCB policies led the Tribunal to rule that the injury wasn't work-related [[WCAT Decision Number: A1801732 WCAT](#), Sept. 11, 2018].