

# COMMITMENT

To Safety

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## **“Preventing Strains & Sprains”**

Source: State Compensation Fund; NIOSH

Lifting, pushing and overreaching are common causes of strains and sprains. Any job that requires you to sit or stand, bent in an awkward position, for long periods of time can cause excess stress and strain on muscles. Most strains and sprains affect the back, arms, and shoulders.

### **SIMPLE THINGS TO DO TO PREVENT OR MINIMIZE STRAINS AND SPRAINS!**

- LEARN and PRACTICE proper material handling!
- GET HELP - Don't lift items that are too heavy – heavy items require an assist
- Lift CORRECTLY by bending your knees, not your back
- Carry loads close to your body
- Never lift while twisting from the waist
- When carrying a load, avoid bending or lifting upward unnecessarily – keep as much of the load as you can at WAIST LEVEL
- Check EQUIPMENT – make sure wheels are aligned; if wheels on a cart are not properly aligned you could strain your arms, shoulders and back trying to move it
- CHECK FUNCTION – make sure moving equipment parts are working properly or it will cause you to strain unnecessarily just trying to get it to work

### **CHANGE YOUR WORKING POSITIONS FREQUENTLY**

- Change positions and adjust work heights to prevent slumping or excessive reaching
- Stretch during the day to increase our flexibility
- Take body relaxation breaks by letting your shoulders and neck muscles go limp; swivel your arms or flex your hands and fingers

### **TAKE CARE OF YOURSELF**

- Take care of your whole body with exercise, proper posture, sensible diet, and adequate rest
- Being “fit” keeps your muscles and ligaments in good “working” condition!