



SAFETY BRIEF

ON-THE-JOB STRAINS OR SPRAINS

Physically demanding jobs increase the possibility of suffering a strain or sprain. Recognizing the injury and properly treating it is the fastest way to recovery. Strains are injuries caused by overstretching a muscle, while sprains occur when joints go beyond their normal range of motion.

A COMMON INITIAL TREATMENT IS “RICE”:

- Rest—Avoid putting pressure on the injured area for 24-48 hours
- Ice—Immediately use ice packs to reduce the swelling
- Compression—Wrap the injury with flexible cloth to further reduce the swelling
- Elevation—Keep the injured area above your heart

MORE TIPS:

- Report the injury to your supervisor
- Ease back into your workload to allow the injury to heal
- Stretch and do strengthening exercises regularly
- Check for ways to prevent a similar injury from occurring



Note: Call your healthcare provider immediately if you cannot walk more than a few steps or have severe pain, numbness or tingling, a recurring injury, disfigurement, unusual lump or pain that keeps you awake.



Home Office: 717 Mulberry St. | Des Moines, IA 50309 | 800-447-2295 | www.emcins.com |

Disclaimer: This material is designed and intended for general information purposes only, and is not intended, nor shall be construed or relied upon, as specific legal advice.
©Copyright Employers Mutual Casualty Company 2016. All rights reserved. RI0308