



SAFETY BRIEF

SPRAIN AND STRAIN PREVENTION

Sprains and strains are a leading cause of workplace injuries. You can prevent a sprain or strain by knowing their causes and following these 11 prevention tips.

WHAT IS A SPRAIN?

A sprain is an injury to a ligament or the tissue that connects your bones to your joints.

WHAT IS A STRAIN?

A strain is an injury to a muscle or a tendon that connects your muscles to your bones.

WHAT CAUSES STRAINS AND SPRAINS?

Strains and sprains can happen for a number of reasons and can develop suddenly or over the course of days, weeks or months. You're at an increased risk for a strain or sprain if the work you do requires excessive force, involves repetitive tasks or puts your body in an awkward position.

11 PREVENTION TIPS

1. Modify your tasks by eliminating or reducing the amount of physical lifting
2. Avoid lifting when possible; use a mechanical aid instead
3. Stretch regularly to loosen your muscles
4. Strengthen your muscles by working out regularly
5. Ask for help if a load is heavy or awkward to lift or carry
6. Keep the load close to your body
7. Avoid twisting or turning while lifting
8. Reduce the size and weight of loads by making multiple trips
9. Be cautious when walking on uneven or slippery surfaces
10. Push heavier items instead of pulling them
11. Lift with your legs, not your back



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