



Prevent Sprains and Strains Before They Happen

Sprains and strains are among the most common workplace injuries—and they can happen during routine tasks. Lifting equipment, pulling cable, climbing, digging, handling tools, or simply stepping awkwardly can put stress on muscles, tendons, ligaments and joints.

The good news? Many sprains and strains are preventable.

Work smarter, not harder

- **Plan the lift.** Know where you're going and clear the path before picking something up.
- **Get help with heavy or awkward loads.** If an object is too heavy, bulky or difficult to handle safely, use a coworker or mechanical assistance.
- **Use good body mechanics.** Keep the load close to your body, bend at your knees and avoid twisting while lifting.
- **Don't overreach.** Reposition yourself or the equipment rather than stretching, reaching or working from an awkward position.
- **Take a moment to warm up.** Before strenuous work, loosen up your muscles and get your body moving.
- **Listen to your body.** Pain, stiffness or fatigue can be an early warning that something isn't right. Don't ignore it and hope it goes away.

Don't let "It's just part of the job" become the answer

A sprain or strain may not seem serious at first, but a small injury can become a long-term problem if it's ignored or aggravated.

Slow down. Use the right technique. Ask for help. Your body is one piece of equipment you can't replace.