

Strains and Sprains

Workers are at risk of injury any time they move their bodies. Movement related injuries include: slips, trips & falls, strains & sprains and repetitive motion disorders.

Data from the Bureau of Labor Statistics on lost workday injuries supports the prevalence of movement related injuries. Added together, movement-related injuries accounted for almost two-thirds (65.6 percent) of all lost-time injuries. Sprains and strains accounted for 43.6 percent of all lost time injuries.

Numerous activities can result in movement related injuries, including:

- Handling equipment improperly
- Going down steps and stairs, especially while carrying objects
- Crossing slick, uneven, or cluttered surfaces
- Torquing levers and wrenches or turning pieces of equipment
- Carrying heavy or awkward loads

- Working more than a few feet off the ground
- Lifting, particularly out of containers or overhead

Avoid the debilitating effects inherent with strains and sprains, by keeping a watchful eye for potentially dangerous situation. Remember, be careful out there.

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