Strain By Lifting

Of all the injuries experienced on the job, the most frequently reported are low-back strains. A strain is a twist, pull and/or tear of a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone.

• Acute strains are caused by a direct blow to the body, over-stretching, or excessive muscle contraction.
• Chronic strains are the result of overuse – prolonged, repetitive movement – of muscles and tendons.