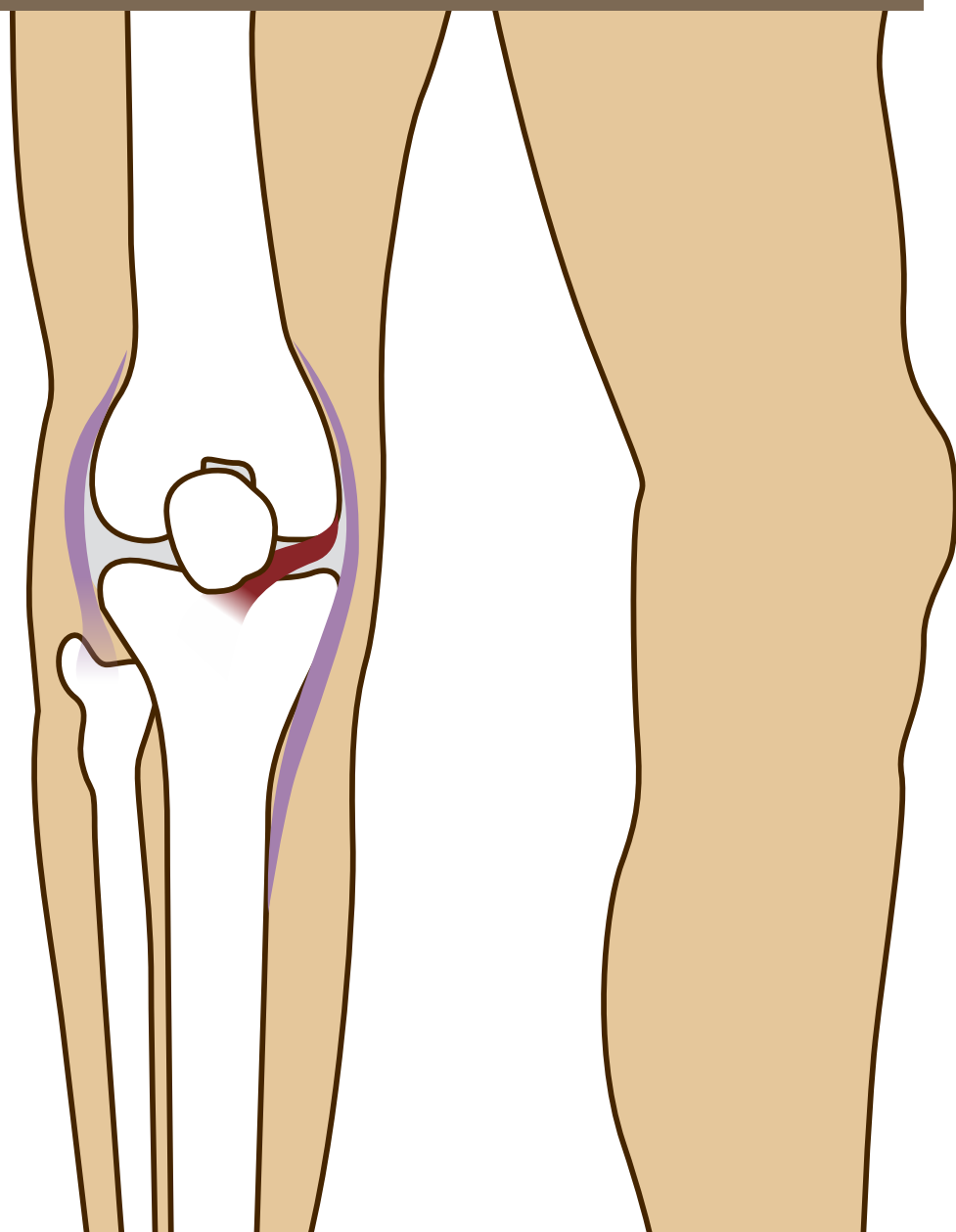


STRAINS & SPRAINS

We are at risk of injury any time we move our bodies. Be careful when participating in any activity to avoid injuries which could result from slips, falls or overexertion.



PREVENTION

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.

Protect yourself by doing the following:

- + Handle equipment properly.
- + Be careful when going down steps and stairs, especially while carrying objects.

- + Be aware when crossing slick, uneven or cluttered surfaces.
- + Use care when torquing levers and wrenches or turning pieces of equipment.
- + Use proper lifting methods when carrying heavy or awkward loads.
- + Watch your step when working more than a few feet off the ground.

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