



WORKPLACE SAFETY WORKS

Prevent Sprain and Strain injuries with easy ergonomics.

AT THE OFFICE

- Keep upper back straight with shoulders relaxed at sides.
- Adjust the backrest of the chair to support the curve of the lower back.
- Keep the hips as far back on the chair as possible.
- Adjust the seat height for optimal visibility.



AND AT HOME



- Top of monitor should be at eye level or slightly below.
- Insure arms are relaxed at the sides with upper arm and lower arm forming a 90° angle. Hold wrists straight and keep fingers relaxed.
- Keep thighs pallel to the floor. Knees and hips should be between a 90° - 100° angle with adequate legroom above.
- Keep feet flat on the floor or resting on a footrest.



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Sprain and Strain injuries are the leading type of workplace injury — here's what you need to know.

SYMPTOMS OF SPRAINS

Sprains tend to have symptoms more localized to the injured joint. You may feel a tear or pop in the joint. Pain is usually immediate, and depending on the severity of the injury, it may not be possible to use the joint. Signs and symptoms of sprains include:

- Pain
- Swelling
- Bruising
- Instability of the joint
- Reduced range of motion

SYMPTOMS OF STRAINS

Strains, whether acute or chronic, present symptoms that are localized to the injured muscle groups or tendons. Pain can be felt over a small or large area. Pain can be immediate in an acute strain, or it may be delayed in the case of a repetitive motion injury. Signs and symptoms of strains include:

- Pain
- Inflammation
- Bruising
- Muscle spasm or cramping
- Muscle weakness

PREVENT SPRAIN AND STRAIN INJURIES

Use good work practices.

Avoid awkward, static positions or working outside of optimal or neutral positions. Proper lifting practices and good posture significantly reduce the stresses placed on muscles and joints.

Stay in good physical condition.

Obesity, poor physical fitness, poor eating habits, and low agility increase the risk of sprain and strain injuries.

Rest when necessary.

Sprains and strains develop when fatigue outruns the body's recovery system.

Recognize signs and symptoms of injury.

Avoid making an injury worse: seek medical care when you experience pain or other signs and symptoms of a sprain or strain injury.

Back sprains and strains are the most common type of muscular injuries.

They can be easily prevented by using proper lifting and carrying techniques.

A fall is a common cause of sprain and strain injuries.

Falls often result in injury to the knee, ankle, or wrist. Wearing proper footwear and maintaining good walking surfaces help prevent these types of injuries.

Sprain and Strain injuries are a very common type of workplace injury.

81% of overexertion injuries involving CIRMA member employees result from improper lifting, carrying, bending, reaching, pulling or pushing motions.

Repetitive movements are another cause of sprain/strain injuries.

Ergonomically correct work practices will help prevent these chronic injuries. Check out CIRMA's *Prevent Sprain and Strain Injuries With Easy Ergonomics* poster for more tips in how to avoid sprain and strain injuries at work.



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Preventing Sprain and Strain Injuries.

USE PROPER WORK PRACTICES

Avoid awkward, static positions or working outside of optimal or neutral positions.

Proper lifting practices and good posture significantly reduce the stresses placed on muscles and joints.

REST WHEN NECESSARY

Sprains and strains develop when fatigue outruns the body's recovery system. If you do not get adequate rest and recovery, you may be at higher risk.

STAY IN OPTIMAL PHYSICAL CONDITION

Obesity, poor physical fitness, poor eating habits, and low agility increase the risk of sprain and strain injuries.

RECOGNIZE THE EARLY SIGNS AND SYMPTOMS OF AN INJURY

Many sprain and strain injuries develop over the course of time. At the first signs of excessive fatigue/discomfort, use this as an opportunity be sure to recognize them as potential early signs and symptoms. If you think you have experienced the initial signs of an injury, be sure to practice recommended injury prevention tools and principles.



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WORKPLACE SAFETY WORKS

Prevent Sprain and Strain injuries by using safe lifting techniques.

THINK BEFORE YOU LIFT

Plan ahead. Where is the load going to be placed? Will help be needed with the load? Remove obstacles in your path. Consider resting mid-way to change your grip.

KEEP THE LOAD CLOSE TO YOUR WAIST

Keep the load close to your waist for as long as possible while lifting. Remember to hug the load close to your body.

STABILIZE YOUR POSITION

Your feet should be shoulder width apart with one leg slightly forward to maintain balance.

DON'T BEND YOUR BACK WHILE LIFTING

A slight bending of the back, hips and knees at the start of the lift is preferable to either fully flexing the back (stooping) or fully squatting.

KEEP YOUR HEAD UP

Keep your head up when handling the load. Look ahead, not down at the load once it has been held securely.

MOVE SMOOTHLY

Don't jerk or snatch the load as this can make it harder to keep control and can increase the risk of injury.

KNOW YOUR LIMITS

Don't lift or handle more than you can easily manage.

LOWER THE LOAD DOWN, THEN ADJUST

Put the load down. To position the load precisely, slide it into the desired position.



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