



# Sprains and Strains

*According to the Bureau of Labor Statistics there are over 440,000 sprain and strain injuries each year. With cooler temperatures, the muscles take longer to warm up, so it is imperative that employees take time each morning to stretch. Proper lifting techniques and body mechanics also reduce the risk of these injuries from occurring.*

## Always Use Proper Lifting Techniques

- ✘ Lift with your legs, not your back
- ✘ Size up the load before you lift
- ✘ Have a secure grip before lifting
- ✘ Do not twist body while lifting
- ✘ Do not exceed your lifting capabilities
- ✘ Stop lifting immediately if you feel pain
- ✘ Do not lift heavy objects above or away from your body
- ✘ Use mechanical lifting devices when possible

## Stretching Prevention

Stretching lengthens muscles and tendons and allows muscles to generate more force around the joints, contract more efficiently and perform better. The following are a list of recommended stretches to perform before beginning work. Each stretch should be done for 20 to 30 seconds, it should be comfortable enough to hold for 10 seconds.

### Back

- ✘ Bend slowly side to side
- ✘ Place your hands on lower back, bend your neck back and arch your back

### Legs/Knees

- ✘ Stand on one leg and reach behind your back and pull foot up
- ✘ Spread your legs, bend down and try to touch ground

### Shoulders

- ✘ Extend arms and make a large, slow circular motion with your arms
- ✘ Grab the opposite elbow and pull elbow across your body

### Neck

- ✘ Make a slow circular motion by rotating your head clockwise and then counter clockwise

## How can we stay safe today?

What will we do at the worksite to prevent injuries from sprains and strains?

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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**TOOLBOX TALKS**  
**Sprains and Strains**

Meeting Conducted By: \_\_\_\_\_ Date: \_\_\_\_\_

Comments: \_\_\_\_\_  
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Attendees:			
Print	Signature	Print	Signature
1.		9.	
2.		10.	
3.		11.	
4.		12.	
5.		13.	
6.		14.	
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