



STAINS AND SPRAINS

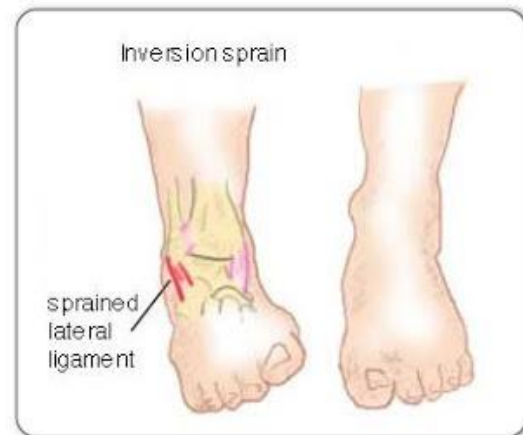
TOOLBOX TALK SERIES – INJURY PREVENTION

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Sprains and strains account for a third of all injuries in the construction fields. A sprain is an injury to a ligament, the tough, fibrous tissues that connects bones to other bones. A strain is an injury to either a muscle or tendon. Either injury can be as minor as an overstretch to a complete tear

Tips to Minimize the Chance of Sprains

- Safe work practices to prevent falls, such as good housekeeping.
- Avoid strenuous activity when tired or in pain.
- Use caution when working on slippery surfaces.
- Always wear appropriate footwear.
- When stepping off ladders, always look where you are placing your feet.



Tips to Minimize the Change of Strains

- Whenever possible, arrange work areas to reduce heavy lifting.
- Before doing any lifting activity, utilize warm ups and stretching exercises.
- Plan the lift. Ensure you have adequate help if needed.
- Always lift slowly and smoothly.
- Move objects by pushing or pulling when possible. Pushing always preferred.
- Left with your legs. Not your back.

“CAFEFULNESS AND SAFETY CONSCIOUSNESS COSTS YOU NOTHING. CARELESS MAY COST YOU YOUR LIFE” – Author Unkown