



**Notice to Supervisors: Mandatory Demonstration requires a Minimum of 20 minutes to effectively cover the topic.**

## **Sprains and Strains**

Sprains and strains continue to be one of the highest types of injuries within our company. By following a few simple rules, many of these injuries can be avoided or their severity greatly reduced. Medical evidence has shown that performing warm-up exercises before work and after breaks reduces strain and sprain-type injuries.

### **These rules are:**

- Warm up before performing a physical task
- Stretch when starting work, after breaks, and lunch
- Get help if the task requires it
- Push whenever possible, do not pull
- Let go of an object that starts to fall when you are carrying or pushing it
- Always wear the proper PPE
- Use devices such as sheetrock dollies whenever possible to avoid carrying a heavy load.
- Make sure your path is clear if you are carrying or pushing something.

### **Proper lifting techniques include:**

- Use leg muscles and bend at the knees to pick up a load.
- Pivot by stepping (or leading) with your feet when turning a load and avoid twisting the body or back.
- Use both hands to lift and carry the load, which will evenly distribute the weight of the load.
- Get a firm handgrip on the load
- Avoid bending at the waist when lifting a load
- Keep the load close to your body to avoid additional strain to your back
- Ask for help when lifting heavy or awkward objects.

Some of our jobs require a considerable amount of lifting and reaching. Even rugged and seasoned lifters' muscle can get out of shape or become more prone to injury when given time off, even over a weekend. Warming up before work each day is key to healthy muscles and a strong back.

**Remember!! The same stretching and lifting techniques that are used on the job can be used working at home also.**