

Prevention is better than a cure

Avoiding sprains & strains



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.



Recognize early signs and symptoms of injury.

Many sprain and strain injuries develop over the course of time. At the first signs of excessive fatigue/discomfort, the worker has an opportunity to recognize the early signs and symptoms and proactively use recommended injury prevention tools and principles.

Rest when necessary.

Sprains and strains develop when fatigue outruns the body's recovery system. Workers who do not get adequate rest and recovery put themselves at higher risk.

