



WORKPLACE SAFETY WORKS

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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