

PLAYING IT SAFE

CONSTRUCTION

Sprain and Strain Prevention

Helpful tips for reducing workplace injuries

Sprains, strains and tears to muscles and connective tissues are some of the most common injuries workers experience in the construction industry.

Sprains and strains can result from lifting injuries, being hit by fallen objects, overusing your muscles or even a simple misstep. Protect yourself and others from these painful injuries by always practicing safety at the construction site.

Sprains

Sprains occur when a ligament has been stretched too far from its normal position. Sprains of the fingers, wrists, knees and ankles are most common.

Strains

Strains are the result of pulling too far on a muscle or by pulling a muscle in one direction while it is contracting. Strains can also be caused by repetitive movements that lead to an over-stretching of muscle fibres. Strains of the back, neck, groin and hamstring are most common.

Tips for Prevention

To help reduce your risk of sprains and strains while on the job, keep these tips in mind:

- Follow 's guidelines for safe lifting, especially if your position requires you to lift particularly heavy items.
- If you are lifting something particularly heavy, use extreme caution. When in doubt, ask for help with the lift.
- Reduce repetitive movements if possible.
- Use proper form while completing tasks and avoid extensive gripping.
- Practise safety measures to help prevent falls. Avoid slippery surfaces, and always use harnesses and nets if applicable.
- Wear proper attire, including footwear, gloves, back belts and other applicable protective equipment.
- Consider your posture when sitting for long periods of time.
- Maintain a healthy fitness level outside of work to keep your body strong and flexible.
- Stretch before you begin working.

If you have any questions or concerns about sprains or strains, do not hesitate to contact your supervisor.

Be safe and healthy on the job at
with these helpful tips provided by **Jones DesLauriers Insurance Management Inc..**

"Sprains occur when a ligament has been stretched too far from its normal position. This injury commonly occurs in fingers, wrists, knees and ankles."

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