

## Sprains and Strains in the Workplace

Did you know that sprains and strains are the leading injury category in the workplace?

Not only that, but according to data, strains are the most frequently seen injuries in healthcare employees by claims frequency and severity.

If this situation rings true at your company, it's time to decide to take proactive steps to take on these common and costly problems.

### Common Causes of Sprains and Strains

- Lifting, pushing, and overreaching. Any job that requires you to sit or stand bent in an awkward position for long periods of time can cause excess stress and strain on muscles. Most strains and sprains affect the back, arms, and shoulders.
- Poor [material handling](#). Workers lift things that weigh too much, or they lift incorrectly. Injuries can occur when workers try to pull or lift a heavy or awkward object without help or lift an object while twisting from the waist.
- Falling or experiencing trauma. Environmental conditions such as slippery or uneven surfaces or cluttered work areas can make you more prone to injury.
- Preventing Sprains and Strains in the Workplace
- Prevention is, of course, better than treatment. Sprains and strains are a painful and unnecessary experience that we want to prevent from happening.
- Lift correctly by bending your knees, not your back. Carry loads close to your body. When carrying a load, avoid bending or lifting upward unnecessarily. Keep as much of the load as you can at waist level.
- Don't try to move or lift an object you can't handle. Get help with heavy loads, whether from a mechanical device or another person.
- Keep work areas clean and clutter free.
- Keep Shoes in good shape and make sure they fit well.
- Stretch during the day to increase your flexibility. Take body relaxation breaks by letting your shoulders and neck muscles go limp; swivel your head or arms or flex your hands and fingers.
- Awareness and a proactive approach can help keep your employees healthy!