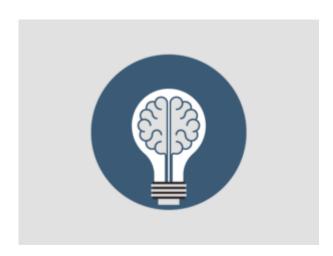
## Quick Course — Heavy Work Means Strains and Sprains



In this quick course we'll learn about the difference between strains and sprains, discover the risk factors that increase the likelihood of a strain or sprain, and discuss how these injuries can be prevented.