Strains and Sprains Safety Topic



Tips on preventing strains and sprains.

General Information

Sprains and strains can happen anywhere – but are especially common in industrial or warehouse-like workplaces. Sprains are caused whenever a muscle is stretched beyond its limit.

Muscles have to be conditioned to do a great deal of work with ease, but even with conditioning muscles cannot exceed their limitations. When a muscle is stretched too much, the ligaments and tendons pull resulting in a strain. If the ligaments and tendons tear, it is called a sprain.

Avoiding Strains and Sprains

- Know your limitations.
- Warm-up before you start.
- Do not over-reach, when necessary use a stepstool or…