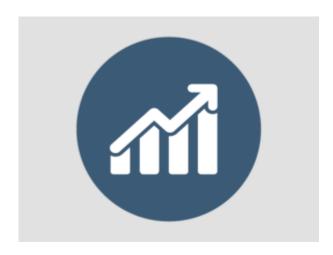
Warm-Up and Stretch Breaks — School Safety Stats and Facts



FACTS

- 1. **Muscle Strains and Sprains:** Engaging in physical activity without proper warm-up can lead to increased risk of muscle strains and sprains. □
- 2. **Reduced Flexibility:** Skipping stretching exercises may result in decreased flexibility, making muscles more susceptible to injury. □
- 3. **Poor Posture and Balance:** Without proper stretching, students may experience poor posture and balance, leading to falls or other accidents.
- 4. **Increased Stress and Anxiety:** Neglecting warm-up routines can contribute to heightened stress levels, affecting overall student wellbeing. □
- 5. **Delayed Muscle Activation:** Failing to perform warm-up exercises can result in delayed muscle activation, impacting performance and increasing injury risk. □
- 6. **Overexertion Injuries:** Without gradual preparation, students may overexert themselves during physical activities, leading to injuries.

STATS

- WorkSafeBC reported in 2022 that 20% of school staff musculoskeletal injury claims in British Columbia were linked to repetitive strain or overexertion, preventable with regular stretch breaks and ergonomic practices.
- A 2021 PMC study on high school basketball players found that 60% of coaches reported inadequate warm-up routines due to time or space constraints, contributing to lower extremity injuries like ankle and knee sprains.
- A 2021 Statistics Canada survey indicated that 15% of school-aged children reported musculoskeletal pain from prolonged sitting or physical activities, with lack of stretch breaks cited as a contributing factor.
- The National Institute for Occupational Safety and Health (NIOSH) noted in 2021 that 25% of school staff injuries were related to repetitive motions or overexertion, which could be mitigated by incorporating stretch breaks into daily routines.
- The Canadian Centre for Occupational Health and Safety (CCOHS) stated in 2022 that implementing 5—10 minute stretch breaks in schools reduced

- reported discomfort among staff and students by up to 30% in pilot programs.
- A 2020 Journal of School Health report found that 18% of students in PE classes experienced minor muscle strains, with inadequate warm-up time identified as a key risk factor.