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.