

Strains and Sprains are as Preventable as They are Common

Think first and make every move a safe move!

Strains and sprains are the most frequent injuries at Tradesmen. Pushing, pulling, twisting and lifting – These are common tasks done multiple times a day on busy construction sites – tasks that can lead to an injury if not performed properly.

Shoulders, hands, backs and knees can be injured by using the wrong tool, lifting, pulling, pushing or carrying too much weight. Did you know the construction industry has the second highest rate of back injuries of any industry? Back injuries are one of the most common injuries at Tradesmen – And preventable by planning and modifying how work is done.

Take the time to identify potential strain or sprain risk factors:

- Lifting a heavy or awkward load.
- Working in an awkward posture. Ex. bent over or reaching.
- Exerting force with arms, shoulders, legs or back.
- Repeating the same motion or movement over and over.
- Using the wrong or poorly designed tools.

These risk factors can put major stress on your back, knees, hands, and shoulders, which may lead to serious muscle or joint injuries.

Take action to prevent an injury:

- Warm up and stretch before you start work.
- Use carts, dollies, forklifts and hoists to move materials - not your back!
- Use stands or scaffolds to keep work at waist height.
- Use tools that fit your hand, the job, the space and reduce the force you need to apply.
- Rest when tired or sore.



Remember, we want to hear from you about any health and safety concerns on the jobsite. If we don't know about a problem, we can't work with our clients to fix them.

**Call the Tradesmen Safety Hotline
844-40B-SAFE Stop. Call. Save a Life.**

I have read & understand the training provided. If I have any questions about the training I will contact my local field office.

Employee Name: _____ Employee ID _____ Date: _____

Office Location: _____ Time Spent: _____