

BEGIN
INSTRUCTION
ZONE

Sprains & Strains

Y SAFETY

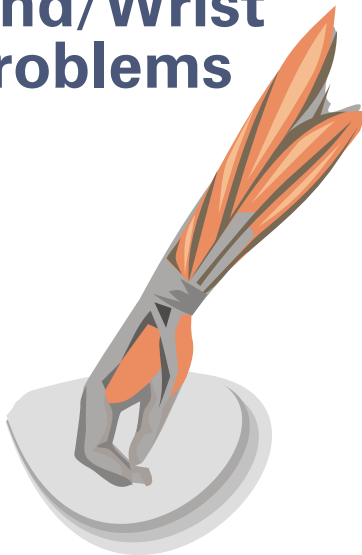
1

What Injuries Are Most Common?

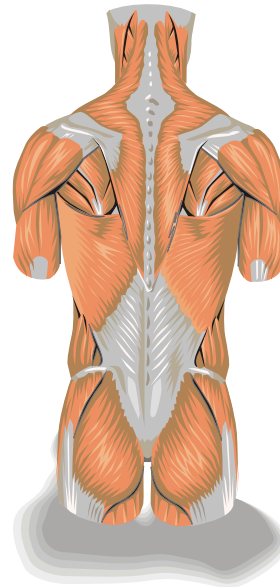
Injuries can happen once or can accumulate.

Common sprain/strain injuries in road work

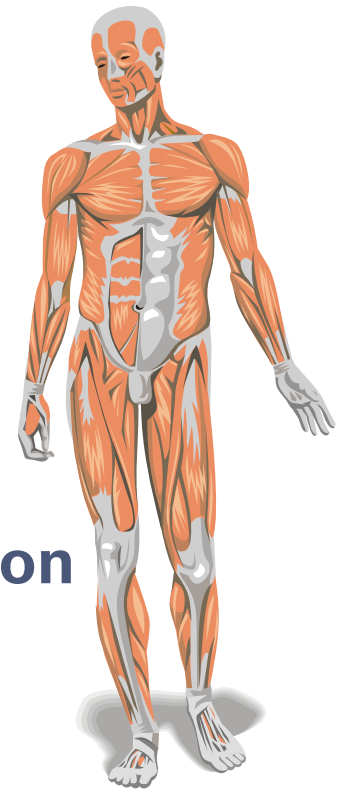
**Hand/Wrist
Problems**



Back Injuries



**Sprains,
Strains,
Overexertion**



43% of lost work day injuries in roadway construction are sprains/strains

What Causes These Injuries?

Think of the most difficult parts of your job.

These injuries may be caused by

- Working in awkward postures such as raking asphalt
- Handling heavy materials like in concrete formwork
- Repetitive work like rebar tying and operating a joystick
- Using vibrating tools like a pavement breaker
- Whole body vibration for operators



BEGIN
INSTRUCTION
ZONE

Sprains & Strains

3

How Can We Avoid Sprains and Strains?

Think of ways to do the job differently.

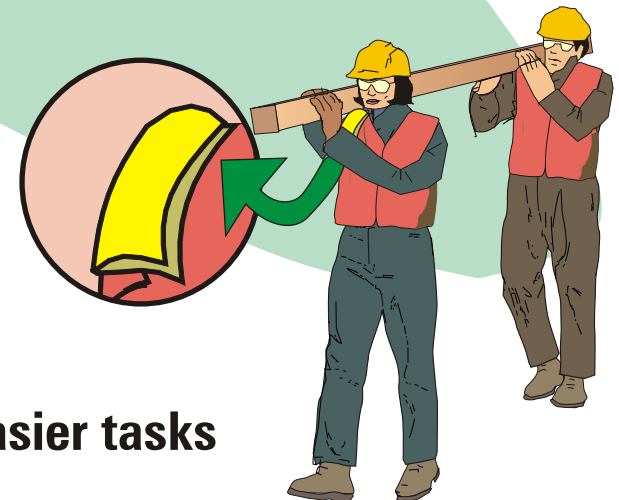
Work can be made easier

- Minimize manual materials handling with dollies, hoists, other equipment
- Better job planning (deliver materials where they're used)
- Store materials for easy access
- Use tools that are comfortable, easy to handle



PPE and breaks can help

- Wear PPE like kneepads and shoulder pads
- Take breaks when possible, rotate difficult and easier tasks



BEGIN
INSTRUCTION
ZONE

Sprains & Strains

4

What Can You Do to Prevent Injuries?

Do at least some of these measures.

To prevent injuries

- Plan and maintain a clear, level walking path
- Don't lift too much by yourself, get help
- Use proper lifting technique, lift with your legs not your back when possible
- Avoid working in awkward postures
- Do stretching exercises before work
- Keep fit

