

Preventing Strains and Strains in The Workplace

Sprains and strains are among the most common injuries on construction sites. These injuries, often caused by improper lifting, repetitive motions, awkward postures, or slips and trips, can result in significant pain, lost time, reduced productivity, and increased costs. Here's how we can proactively prevent them:

1. Understand the Risks

- **Sprains** involve ligaments (tissues connecting bones), often occurring from twisting, falling, or sudden movements.
- **Strains** impact muscles or tendons, frequently resulting from overexertion, repetitive motions, or improper lifting.

2. Safe Lifting Techniques

- **Plan the Lift:** Assess the load size, weight, and shape before lifting.
- **Proper Posture:** Keep feet shoulder-width apart, back straight, and bend at your knees—not your waist.
- **Grip Securely:** Hold the load close to your body with a firm grip.
- **Lift Smoothly:** Lift using your legs, not your back, and avoid twisting your body.
- **Teamwork:** Ask for help or use mechanical aids when lifting heavy or awkward items.

3. Ergonomic Practices

- Adjust work positions to minimize awkward postures and repetitive motions.
- Rotate tasks frequently to prevent repetitive strain injuries.
- Ensure tools and equipment are maintained to reduce unnecessary force or repetitive movements.

4. Maintain Good Housekeeping

- Keep walkways, stairs, and work areas free from clutter to prevent slips, trips, and falls.
- Clean up spills immediately and ensure proper lighting in all areas.

5. Stretching and Warm-Up

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- Conduct regular stretching exercises, particularly at the start of shifts or before heavy physical work.
- Short stretching breaks throughout the day can significantly reduce injury risks.

6. Wear Proper PPE

- Use gloves with grip pads for lifting and handling materials.
- Ensure footwear provides good traction, ankle support, and comfort.
- Consider braces or supports if performing repetitive tasks or if previously injured.

7. Report and Respond Early

- Immediately report discomfort, pain, or injuries, no matter how minor they may seem.
- Early intervention can prevent minor strains or sprains from becoming serious injuries.

8. Stay Physically Fit

- Regular exercise and maintaining physical health significantly decrease injury risks.
- Encourage overall fitness among team members.

Preventing sprains and strains starts with awareness and commitment to safe work practices. By consistently implementing these simple yet effective strategies, we can ensure a safer, healthier workplace for everyone.

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Safety Meeting Sign-Off Sheet

Date: _____

Job Name: _____

Competent Person Name: _____

Competent Person Signature: _____

Topic: Preventing Strains and Strains in the Workplace

Attendees:	