

PREVENTING Sprains & Sprains



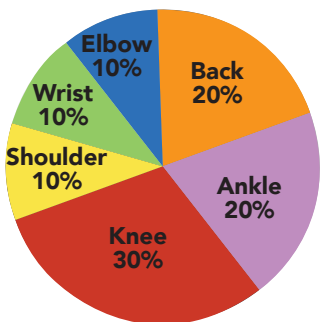
Sprains and strains can happen suddenly or develop over the course of days, weeks, or months. When a worker is exposed to causative risk factors, they are more likely to develop a sprain or strain. There are two general categories of risk factors: ergonomic (workplace) risk factors and individual risk factors.

Ergonomic risk factors include:

- Excessive force
- Excessive repetition
- Awkward posture
- Other environmental factors, slips, trips & falls

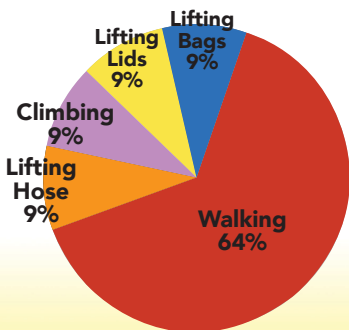
Individual risk factors include:

- Poor work practices
- Poor overall health habits
- Poor rest and recovery
- Poor nutrition, fitness, and hydration
- No recognition of early signs and symptoms



Sprained/Strained BODY PARTS Within Sunrise in 2020

Sprained/Strained ACTIVITY Within Sunrise in 2020



WORKPLACE
SAFETY BEGINS AT
HOME

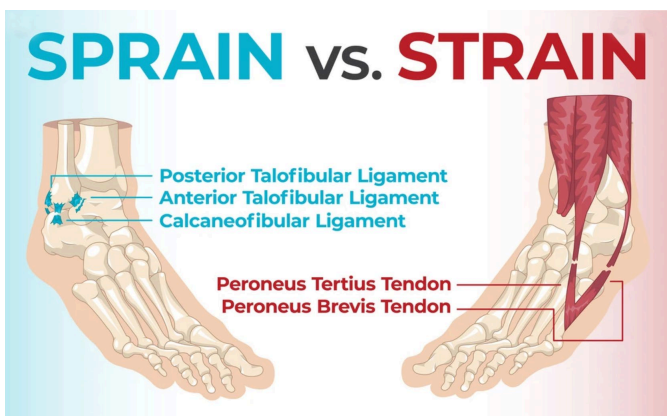
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DIFFERENCE BETWEEN Strains & Sprains



A **sprain** injures the bands of tissue that connect two bones together, while a **strain** involves an injury to a muscle or to the band of tissue that attaches a muscle to a bone.

SPRAIN vs. STRAIN



Do your part to help
PREVENT sprains and
strains!

WORKPLACE
SAFETY BEGINS AT

H A M E

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