

Sprains and strains are among the most common workplace injuries. They can occur during everyday activities such as lifting or moving materials, climbing in and out of vehicles or equipment, performing repetitive tasks, or working in awkward positions.

These injuries can happen suddenly or develop over time as repeated physical demands place stress on muscles, tendons, ligaments, and joints. Recognizing risk factors and using practical prevention strategies can help reduce injuries and lost work time.

1

Recognize Risk Factors . Repetitive motion, awkward postures, excessive force, overexertion, and prolonged or sustained positions can place unnecessary stress on the body. Pay attention to tasks that require frequent lifting, bending, twisting, reaching, pushing, pulling, or carrying.



2

Use Safe Work Practices. Plan tasks when possible and consider their physical demands. Use good body positioning, avoid unnecessary reaching or twisting, maintain stable footing, and get assistance when tasks exceed physical capabilities. Avoid rushing or taking shortcuts that can lead to sudden, uncontrolled movements.



3

Reduce Physical Demands. Look for ways to make work easier on the body through better tools, equipment, design, or work process. Small changes can reduce the physical demands of a task place and the likelihood of injury.



4

Identify Problems Early. Evaluate jobs and work areas for activities that create unnecessary physical stress. Employees should report recurring discomfort, fatigue, difficult tasks, or other warning signs so adjustments can be made before an injury occurs.

5

Address Injuries Promptly. Employees should report strains, sprains, and other injuries and follow appropriate medical guidance. Early reporting allows for timely evaluation and provides an opportunity to correct workplace conditions or practices that may contribute to similar injuries.

LEARN MORE WITH THESE ADDITIONAL RESOURCES:

- CDC NIOSH [Ergonomic Guidelines for Manual Material Handling](#)
- OSHA [Ergonomic Solutions to Control Hazards](#)
- TMLJRP [Online Learning Center](#): Back Injuries
- [TMLJRP Training Video Now](#): Back Injuries