



## Sprains & Strains – Week of 09/08/25 – 09/13/25.

Sprains and strains account for approximately one-third of injuries in the construction industry.

### Sprains

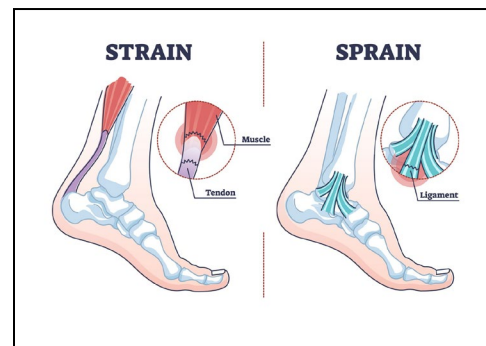
A sprain is an injury to a ligament. (The tough, fibrous tissue that connects bones to other bones). Sprain injuries involve a stretching or a tearing of this tissue. Ankle, knee, and wrist injuries account for most sprains.

### Strains

A strain is an injury to either a muscle or a tendon. (The tissue that connects muscles to bones).

Back injuries are the most prevalent regarding strains.

Depending on the severity of the injury, a strain may be a simple overstretch of the muscle or tendon, or it can result in a partial or complete tear.



These soft tissue injuries occur frequently, and are painful, disabling and often accompanied by lengthy recovery periods. Maintaining good physical fitness is essential in avoiding sprains and strains.

To minimize the chances of sprains and strains, observe the following practices:

1. Before starting your day, after any break period, and before any heavy lifting activity, always warm up, using moderate stretching exercises. Do not stretch aggressively as you may over-stretch and injure yourself.
2. Be sure to review and understand Section 15 Material Handling & Storage of the Brieser Safety, Health & Environmental Manual.
3. Practice safety measures to help prevent falls. For example, practice safe housekeeping by keeping work areas clear of clutter.
4. Avoid strenuous activity on the job when tired or in pain.
5. Use extra caution when working on slippery surfaces such as ice or wet floors.
6. Always wear appropriate and proper fitting footwear for your job.
7. Use extra caution when walking across uneven surfaces. These are areas where you could easily turn or twist an ankle or knee.
8. When stepping off ladders, always look where you are placing your feet, before you put your full weight on them.
9. Whenever possible, arrange your work areas to minimize the amount of heavy lifting required.





## SAFETY MEETING SIGN-IN

Date \_\_\_\_\_ Topic Sprains & Strains

Location \_\_\_\_\_

Trainer \_\_\_\_\_

Start Time \_\_\_\_\_ End Time \_\_\_\_\_

Print Name	Signature	Print Name	Signature

Signature of Trainer: \_\_\_\_\_

SCAN	SAFETY/TOOLBOX TALKS/TRAINING/MMDDYY TRAINING CERTIFICATION
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