What Can You Do to Prevent Injuries?

Do at least some of these measures:

- 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.
- Do stretching exercises before work.
- Keep fit.
What Injuries Are Most Common?

About 1/3 of lost work day injuries in roadway construction are sprains and strains. Common injuries include:
- Hand and wrist problems.
- Back injuries.
- Sprains, strains, and overexertion.

How Can We Avoid Sprains and Strains?

Think of ways to do the job differently. We can make our work easier:
- Minimize manual materials handling with dollies, hoists, and other equipment.
- Better job planning (deliver materials where they're used).
- Store materials for easy access.
- Use tools that are comfortable and easy to handle.

Personal Protective Equipment (PPE) and breaks can help:
- Wear PPE, like kneepads and shoulder pads.
- Take breaks when possible, rotate difficult and easier tasks.

What Causes These Injuries?

Think of the most difficult parts of your job. These injuries may be caused by some of these tasks, like:
- Working in awkward postures, such as raking asphalt.
- Handling heavy materials, like in concrete formwork.
- Repetitive work, like rebar tying.
- Using vibrating tools like a pavement breaker.
- Whole body vibration for operators.

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