



## 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.



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# Sprains & Strains



## 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.



## 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.

## 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.

