

STRAINS & SPRAINS

Stretch first. Move smart. Prevent injuries.



**PREPARE
YOUR BODY.**



**USE GOOD
TECHNIQUE.**



**KEEP
YOURSELF SAFE.**



**A
STRONGER
YOU
BUILDS A
SAFER
TOMORROW.**



STRETCH BEFORE THE TASK

Take a few minutes to warm up your muscles and joints before lifting, pushing, or pulling.



SHOULDER ROLLS

Roll forward
and backward
5–10 times.



HAMSTRING STRETCH

Hold 15–30
seconds
each leg.



SIDE REACH

Gently reach
to each side
and hold
15–30 seconds.



WRIST / FOREARM STRETCH

Extend and gently
pull back.
Hold 15–30
seconds.



LIGHT LEG STRETCHES

Calf, quad, and
hip stretches.
Hold 15–30
seconds each.



5 WAYS TO PREVENT STRAINS & SPRAINS

- 1 Warm up before work.**
Do light stretching to get your muscles and joints ready.
- 2 Lift with your legs and keep loads close.**
Use proper lifting technique and keep the load near your body.
- 3 Avoid twisting and sudden jerking.**
Move your feet and turn your whole body.
- 4 Use carts, dollies, or team lifts for heavy or awkward loads.**
Get help when needed.
- 5 Stop and report discomfort early.**
Don't push through pain. Early reporting can prevent more serious injuries.



LIFTING, PUSHING & PULLING TIPS



Test the load first.

Check the weight, balance,
and stability before moving it.



Keep a clear path.

Remove clutter and watch for
trip hazards.



Push when possible.

Pushing puts less strain on
your body than pulling.



Keep hands and footing secure.

Use a solid grip and wear
proper footwear.

