

STRAINS AND SPRAINS

Many workplace injuries for Personal Support Workers come from strains and sprains. Practice good posture and body movement to lower the risk of strains and sprains in the workplace, using the tips and advice below.

WHAT CAUSES STRAINS AND SPRAINS?



Not knowing or using good posture or body movement



Working too fast or trying to reach away from your body



Fast twisting, lifting, or pulling



Using certain muscles or areas of the body over and over

HOW CAN I STAY SAFE?



Avoid heavy activity on the job when tired or in pain.



Do not twist. Always turn the whole body as one unit when changing direction.



Stay fit and exercise. Stretch and strengthen your abdominal muscles.



Use good body positions. Keep your back straight, bend at the hips and/or knees. Keep your feet at a distance of shoulder width to give yourself good balance. Keep your neck straight, with your head directly over your neck and the chin tucked in slightly. Keep your ears over your shoulders.



Know your client. Tell your client what you are doing, and ask them to help you when possible.



Always plan any client lifting. If there are assistive devices (lifts, walkers or slings) position them properly so you are ready to use them without reaching or pulling the client. If a transfer requires two persons as per care plan DO NOT transfer alone.

IF YOU ARE BEING ASKED TO DO SOMETHING THAT YOU DO NOT THINK IS SAFE, CALL YOUR SERVICE COORDINATOR OR CSS.



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