

Strain Prevention



The increase of strain risk on the work floor or the office isn't just a matter of the weight being lifted or task being done. You can reduce strain risk by paying attention to the following factors:

Manage Repetition

- ✓ Try to eliminate redundant lifts or movements by planning how you will complete a task before you begin. Set up your work area to keep materials closer to where work will be done. Ask yourself these questions:
 - Is the load or work accessible?
 - Do you have the right tools?
 - Where are you going?
 - Is the travel path clear?
 - How will you set the load down?
 - Do you need help?

Avoid Awkward Postures

- ✓ Minimize or avoid reaching, bending, or awkward wrist postures. Move your body position, ladders, or lifts closer to the work.

Reduce Forces

- ✓ Use correct tools or techniques to avoid strenuous pulling or pushing where muscles must work harder. This is very important if you are working in an awkward position.

Warming Up

- ✓ Change tasks, stretch, and take short breaks frequently where awkward postures are unavoidable.
- ✓ Warm up slowly and hold positions for a few seconds.
- ✓ Always stretch gently and avoid jerky movements.
- ✓ Go easy at first — start out with a few exercises and gradually increase variety.
- ✓ Exercise regularly and try to do some of the exercises every day at regular intervals.
- ✓ Discontinue the exercise if pain occurs.

Exercise and Flexibility

- ✓ Stretching increases flexibility, improves circulation, and decreases muscle tension and stress. Consider a brief stretch in the following situations:
 - After working in an extended awkward posture.
 - Before starting your day or after short breaks.
 - If tension or stress is apparent.

Lower Body

- ✓ Kneeling or squatting for extended periods can cause discomfort and inflammation in joints. Kneeling also creates a pressure point on knees.

Check out our [Safety Tips page](#) for more safety information.

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