

# Workplace Injuries

## Athletic Events

Organizations often have friendly competitions between staff members. These friendly competitions can often end in serious injuries for the participants. Some organizations have gone so far as to ban employees from participating in these types of competitions. Some common injuries that can occur during these activities include:

- Twisted knees and ankles while running or turning, resulting in torn meniscus or torn ligaments
- Muscle strains
- Injured shoulders or wrists when falling
- Balls hitting participants in the face



## Prevention Tips

In order to reduce these types of injuries, employees should consider the following before participating in these competitive events:

- If you are unable to control your competitive nature and keep it in check, you should consider avoiding these activities.
- Remember, you are no longer a teenager. Don't assume that you can do the same things you could do at a younger age. It is likely that you will not be able to participate at the same level you did when you were younger.

If you choose to participate, take time to stretch prior to the activity. Take care not to push yourself beyond the limits of your abilities.

Serious injuries can happen at any time. The more risk factors you have, the greater your chance of injury.

These injuries can impact your ability to perform life-long activities away from work. Think twice before participating in these events. If you feel strongly about being a part of these activities, take a minute to think about how you will participate and to what level, prior to the start of the event.

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

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