

Montana Ag Safety Program



Preventing Sprains and Strains

Sprain: A stretch or tear of a ligament. Typically caused by forceful movement outside of typical range of motion. Often associated with the back, elbow, wrist, knee, or ankle.

Strain: A twist, pull, or tear of a muscle or tendon. May be caused by overstretching. Often associated with the calf muscle, hamstring, lower back, or shoulder.

To reduce the risk of injury from sprains and strains:

- Use proper lifting techniques.
- Avoid reaching, twisting, or bending continuously when completing a task.
- Push items, when possible, as opposed to pulling them.
- Reduce or remove any slip or trip hazards.
- Use extreme caution when walking across uneven or unstable surfaces.
- Minimize repetitive movements, whenever possible.
- Alternate work tasks to increase variety of movement.
- Mount and dismount ladders, equipment, machinery, horses carefully.
- Utilize mechanical material handling devices, power tools, or efficient work methods to minimize overexertion.
- Select and use ergonomic tools and equipment, whenever possible.
- Consider stretching before physically demanding tasks.

These safety rules have been written and provided to you for your safety. Your signature below indicates you have read and understand these rules, and further, that you accept the responsibility of always using good judgment to make workplace safety your number one priority.

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