

# Tools for Life – Weekly Health & Safety Meeting



## Home Healthy - Home Safe April 2022

### Sprains and Strains

Sprains and Strains continue to be the most frequent, and most severe injuries at Apollo. Sprains and Strains are twice as likely as any other injury at Apollo. They also cause the average employee to miss 8-14 days of work.

#### Risks to acquire a Sprain and Strain:

- |                                    |   |
|------------------------------------|---|
| Heavy Items                        | Overreaching (Like Prolonged Overhead Work) |
| Unusual Work Areas                 | Work on Knees                               |
| Employees with History of Problems | Improper Lifting Posture                    |

When one, or multiple risks are in play, we must use the Pre-Task Plan to put controls in place and minimize that risk. Here are some possible ways to minimize our risk for injury.

**Heavy Items:** Use Mechanical Means, Partner Lift, Plan your Work to Minimize the Amount of Times Heavy Items are Lifted

**Overreaching:** Correct Access to Area (Scissor Lifts, Ladders with Correct Height), Employee Task Rotation

**Unusual Work Areas:** Plan Work with Correct Equipment, Ensure that Housekeeping is Good, Minimize any Lifting

**Work on Knees:** Minimize the Time Spent on Knees, Use Pads, Employee Task Rotation

**Employees with History of Problems:** Discuss Lifting Issue/Past Injuries, Make sure they are not likely to Reinjure

**Improper Lifting Posture:** Participate in Stretch and Flex, and Speak up if Employees are using Improper Posture

#### Lifting Technique:

When Lifting a heavy item, Squat down to your load, and keep the load close to your chest. Avoid turning or twisting your body while lifting or holding a heavy object. Never lift more than 50 lbs. by yourself

**Lifting Technique Activity:** Put on a lanyard or have another similar item hanging from your neck. Pickup an item off the ground using proper lifting technique. If the lanyard comes off your chest, it is a sign the lifter is straining their back

#### Overreaching:

An 8.5 pound item, can put 70 pounds of pressure on your body when holding it out 26 inches. Planning your work area to avoid reaching out, is important to avoid putting strain on your body.

**Overreaching Activity:** Hold an object approximately 5 lbs. close to your body, now hold the same object a full arm's length away. The object doesn't change weights, but the amount of pressure it puts on your body changes. This illustrates how overreaching can put strain on your body.