

Sprains and Strains

Background Notes

Child Welfare workers perform a variety of tasks that put them at risk for sprains and strains, particularly of the back and upper extremities. For example, they lift children, carry clothing and toys, put car seats and children into vehicles. Most all of these injuries are preventable. Using proper body mechanics and stretching to maintain flexibility can help to prevent such injuries. Taking time to think through the task and its risks is extremely important.

Tasks / Assignments:

- View the "10 easy stretches" on the SAIF Safety and Health prevention web page at:

http://www.saif.com/_files/SafetyHealthGuides/S-875.pdf.

- View the "Evaluate your work station" brochure on the SAIF Office Ergonomics web page at:

<http://www.orosha.org/pdf/pubs/1863.pdf>.

If your work station is not set so that you can maintain "neutral body postures" or if you are having trouble adjusting your chair, notify your supervisor who may make a referral to the designated ergonomic assessor for your office.

Discoveries:

Tasks / Assignments:

- View the "Workstation Comfort" brochure on the SAIF Office Ergonomics web page at:

http://www.saif.com/_files/SafetyHealthGuides/S-898_WorkstationComfort.pdf

- View the "Ergonomics & Musculoskeletal Disorders" brochure on the SAIF Office Ergonomics web page at:

http://www.saif.com/_files/SafetyHealthGuides/SC-115.pdf.