STRAIN/SPRAINS

A strain refers to an injury to the muscles and tendons, while a sprain is an injury to ligaments and joints. In 2022, one third of work-related injuries at the UO resulted in a strain or a sprain. Although often mild, strain/sprain injuries can be painful and may require an extended recovery period. A closer examination of the 2022 strain/sprain injuries indicated 62% needed first aid, but no medical treatment, 16% required evaluation or treatment by a medical professional, and 21% were more severe resulting in both medical treatment and time away from work.

Strains/sprains are often associated with more physically active jobs that require activities such as lifting, carrying, and pushing/pulling. Employees doing any type of work can be at risk for a strain/sprain injury. For example, awkward body positions can result in a strain/sprain. An awkward body position is one that moves the body away from a neutral or more comfortable position. Slip, trip, and/or falls (S/T/Fs) can also result in strain/sprains. At the UO, S/T/Fs occur as much or more indoors as outdoors, so always be aware of your surroundings including indoor pathways and outdoor walkways.

WHAT TO DO!

- Always use proper lifting techniques and ask for help when needed.
- When performing a task that can be done right or left-handed, frequently change sides to prevent overexertion on one side.
- Avoid working in an uncomfortable or awkward position for an extended period. If you need to temporarily work in an awkward position, take frequent microbreaks to change your body position.
- Don't carry multiple items or large, heavy, or awkward loads. Use carts or dollies.
- To avoid working in an awkward position at the computer, ensure monitors, keyboards, and pointing devices (mice) are at comfortable heights and placed directly in front of the body.

WHAT TO KNOW!

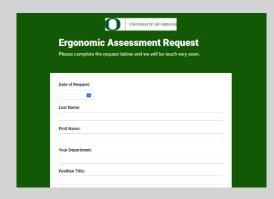
- EHS has ergonomic and material handling training on <u>MyTrack</u> and staff are also available to do in-person training.
- Ergonomic assessments are available for all employees. Complete the "Request an Assessment" form on the <u>Ergonomics</u> webpage.
- Fill out the Workplace Injury Report within 24 hours of the incident. The form is available in English and Spanish.
- In the event of an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance.



For more information about body position and techniques, check out the <u>Moving Stuff Safety Sheet!</u>



Fill out the <u>Workplace Injury Report</u> if an incident/injury occurs!



To request an ergonomic assessment, use the "Request an Assessment" form on the Ergonomics webpage.



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