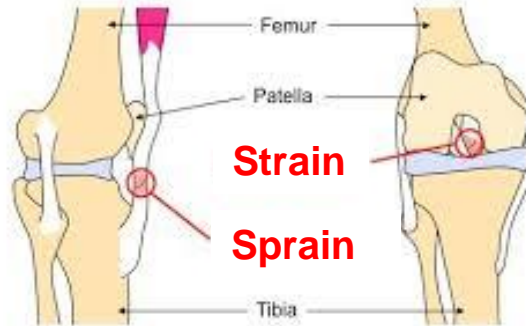


Strains and Sprains

Strains

Injury to either a muscle or a tendon, the tissue that connects muscles to bones



Sprains

Injury to a ligament, the tough, fibrous tissue that connects bones to other bones



When lifting anything think – M A T S

- ❖ **Me** – boy or girl, old or young, have I done it before?
- ❖ **Area** - hot, cold, uneven floor, windy, stairs, wet, dry?
- ❖ **Task** - how many times, how much twisting or bending is needed?
- ❖ **Size**- how heavy, how to lift, big?



Sprains and Strains– Q & A

What are the symptoms of a Sprain or Strain?

- Pain
- Swelling
- Muscle Spasm
- Bruising
- Limited ability to move the affected joint
- At the time of injury, you may hear or feel a "pop" in your joint



What should you do if you have a sprain or strain?

As soon as possible report the injury to your Supervisor or First Aider. Fill out an injury report. First Aid treatments applied soon after the injury can greatly increase the effectiveness of treatment and lessen the injury severity.

What is the First Aid treatment for Sprains and Strains?

RICE Therapy

- Rest - Reduce regular exercise or activities of daily living as needed.
- Ice - Apply an ice pack to the injured area for 20 minutes at a time, four to eight times a day.
- Compression – Bandaging the injured ankle, knee, or wrist may help reduce swelling.
- Elevation - If possible, keep the injured ankle, knee, elbow, or wrist elevated on a pillow, to help decrease swelling.

How can you reduce the likelihood of suffering a Sprain or Strain?

- Avoid lifting anything heavy when tired or in pain.
- Maintain a healthy weight.
- Prevent Slips, Trips and Falls. For example, keep stairways, walkways, yards, and driveways free of clutter.
- Keep your footwear in good condition, replacing it as soon as it shows signs of wear.
- Warm up and stretch before participating in any lifting.
- If it is too heavy get help.
- Don't rush.

What to consider when planning a lift?

- How heavy is the object?
- How far does it need to be carried?
- Is there another way of moving the item?

