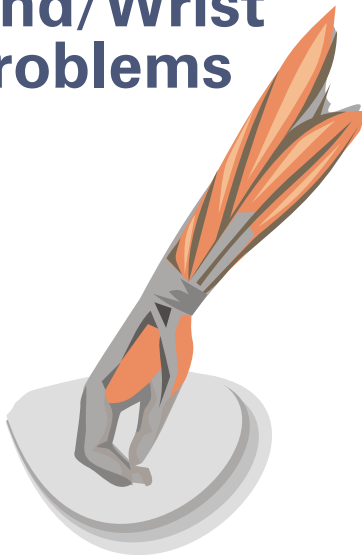


## What Injuries Are Most Common?

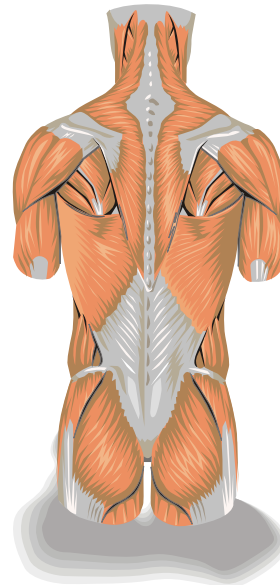
**Injuries can happen once or can accumulate.**

**Common sprain/strain injuries in road work**

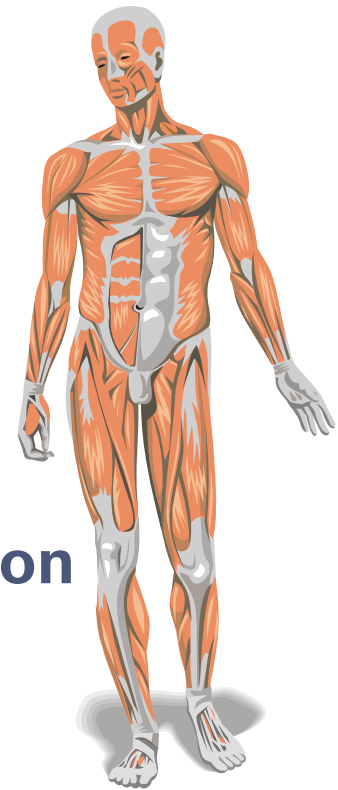
**Hand/Wrist  
Problems**



**Back Injuries**



**Sprains,  
Strains,  
Overexertion**



***43% of lost work day injuries in roadway construction are sprains/strains***

# What Causes These Injuries?

Think of the most difficult parts of your job.

These injuries may be caused by

- Working in awkward postures such as raking asphalt
- Handling heavy materials like in concrete formwork
- Repetitive work like rebar tying and operating a joystick
- Using vibrating tools like a pavement breaker
- Whole body vibration for operators



BEGIN  
INSTRUCTION  
ZONE

# Sprains & Strains

## ROADWAY SAFETY

3

# How Can We Avoid Sprains and Strains?

**Think of ways to do the job differently.**

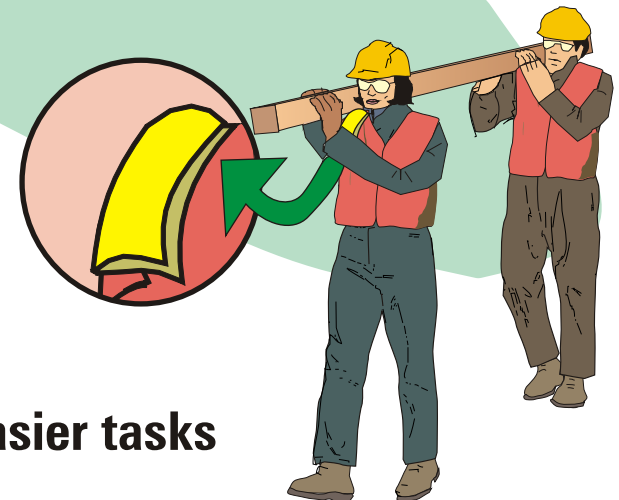
## Work can be made easier

- Minimize manual materials handling with dollies, hoists, other equipment
- Better job planning (deliver materials where they're used)
- Store materials for easy access
- Use tools that are comfortable, easy to handle



## PPE and breaks can help

- Wear PPE like kneepads and shoulder pads
- Take breaks when possible, rotate difficult and easier tasks



# What Can You Do to Prevent Injuries?

Do at least some of these measures.

## To prevent injuries

- Plan and maintain a clear, level walking path
- Don't lift too much by yourself, get help
- Use proper lifting technique, lift with your legs not your back when possible
- Avoid working in awkward postures
- Do stretching exercises before work
- Keep fit

