

Take a Moment for Safety: Ergonomics to Prevent Sprains and Strains

Sprains and strains affect the soft tissues of the body and are among the top trending causes of injury and illness at Nalcor. Common contributing factors to strain and sprain injuries include the physical demands of work, such as lifting or pushing loads that are too heavy or holding the same position for a long time, as well as the physical characteristics of the work environment, such as temperature, lighting and work space size.

Sprains and strains can be prevented by fitting the job to a person - Ergonomics. To prevent sprains and strains, take a moment for safety and follow these tips for designing or modifying your workspace to fit your own needs:

- 🕒 Improve work organization by keeping all tools, materials and equipment within easy reach.
- 🕒 Work at proper heights. Reduce bending or over reaching as much as possible.
- 🕒 Avoid excessive force and awkward postures where possible.
- 🕒 Work in a good comfortable posture.
- 🕒 Reduce excessive repetition.
- 🕒 Minimize general fatigue.
- 🕒 Minimize direct pressure on legs, feet and hands.
- 🕒 Use adjustable workstations where possible (chairs, tables, platforms).
- 🕒 Maintain a comfortable environment (heat, light, humidity).