

Control Measures to Prevent Strains and Sprains

Strains

- Use proper lifting techniques
- Establish maximum weight limit that 1 person can safely lift
- Provide material handling lifting devices where practical
- Provide training to life in teams.

Sprains

- Stretch & warm up muscles prior to exerting force
- Rotate use of hands whenever possible
- Make sure tools have comfortable handles

To help you create your own written Company Ergonomics Program, the following resources may be downloaded for free and customized to fit your specific need.

Visit the CSPE Safety Center at: <http://www.cspe.com/SafetyCenter/SafetyResources.htm> This is a one stop shop leading to resources that you need to complete your safety program easily.

Additional Resources Available to State Fund Policy Holders:

State Fund offers several ergonomics services to our policyholders online at <http://www.scif.com/safety/Index.html>. Our team of ergonomic consultants all hold professional certifications from the Oxford Research Institute (ORI) or Board of Certification in Professional Ergonomics (BCPE). State Fund's ergonomics experts work to improve the fit between the worker and the workplace in order to:

- Increase productivity, comfort, health, and safety.
- Reduce injury, illness, and the likelihood of errors.

In recognition of National Ergonomics Month, SCIF is highlighting the value of workplace efficiencies and control of risk factors. Improving worker safety and health is a continual process, and everybody should think of ergonomics as not just an 8-to-5, Monday through Friday job, but a 24/7 effort.

Related Links

State Fund Safety & Health Services: <http://www.scif.com/safety/Index.html>

National Ergonomics Month (official site): <http://www.hfesnem.org/>