



Toolbox Safety Talks

Strains & Sprains

- 1) What are the hazards of strains and sprains?
 - a. Injured muscles which could result in time away from work
 - b. Injuries that could last a lifetime

- 2) What hazards should you be aware of?
 - a. Heavy lifting
 - b. Pushing or pulling heavy or awkward objects
 - c. Poor footing leading to slips and falls
 - d. Catching falling objects
 - e. Awkward body positions

- 3) What safe practices should be used to reduce strains and sprains?
 - a. Understand one's limitations. Don't charge into a job cold - warm up first
 - b. Do not overextend yourself. Re-position yourself as much as necessary
 - c. Lift with your legs as much as you can, not with the back. Keep the load as close to the body as you can. Never twist your body while carrying a load
 - d. Watch where you step. Slipping and tripping hazards are the main cause for sprains and strains. Be especially careful while working in muddy conditions
 - e. Look for ways to eliminate lifting and carrying. Can we use a forklift instead of doing it manually?
 - f. Is there a better way to get the job done? Work smarter, not harder. It's easier and safer
 - g. Don't be afraid to ask for help

- 4) How many of us have not had a strain or sprain injury before? How could it have been prevented?
- 5) Which of our jobs could be altered to reduce strain on our bodies? How?
- 6) Does anyone here stretch their body out before, during, or after work?
- 7) Who knows someone who has strained their back and can no longer lift anything heavy?
- 8) Why should we push, not pull?



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Date Presented: _____

Presented By: _____

Attendance Sheet



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