

Subject: A friendly message from the safety committee

February 14, 2023

Greetings,

“I can do it”.

February we as a committee are focusing our message on strains and sprains. It may seem of minor importance, but each of us has experienced the discomfort associated with them.

Some tips on avoiding strains and sprains:

- Get rid of the “I can do it” attitude. If it seems too hard of task to perform, ask for assistance.
- Practice good posture, perform tasks ergonomically, and use proper lifting techniques.
- If your body is telling you the load is too heavy or the task is too much for one person, listen to your body. Know your limitations.
- If you are fatigued or tired stop for the day, or take a rest period to allow your body to recover. Build time outs into your regimen.
- When in doubt, stop. Consider how to safely accomplish the task.

The warm weather is quickly approaching and we all have grand plans to accomplish a list of projects with expectations that are near impossible to meet. Slow down, enjoy the opportunity in the weather, accept whether you complete one task on your to do list or the entire list. Most importantly, practice safe techniques in performing these tasks. Your efforts will feel much better to you when they are not accompanied with the discomfort of a strain or sprain.