

Sprains and Strains

Background Notes

Child Welfare workers perform a variety of tasks that put them at risk for sprains and strains, particularly of the back and upper extremities. For example, they lift children; carry clothing and toys, put car seats and children into vehicles. Most all of these injuries are preventable. Using proper body mechanics and stretching to maintain flexibility can help prevent such injuries. In addition caseworker requires lots of time sitting at one's desk and working on the computer which can also put a strain on one's back. Taking time to think through tasks and its risks is extremely important.

Tasks / Assignments:

- View the "10 easy stretches" on the SAIF web page at:
<http://www.saif.com/files/SafetyHealthGuides/S-875.pdf>.
- View the "Evaluate your Computer Workspace" from the appendix. If your work station is not set so that you can maintain "neutral body posture" or you are having trouble adjusting your chair, notify your Supervisor.
- Read "Proper Lifting Techniques", from the appendix.
- Ask your Supervisor if the office has had injuries and what type of injuries have occurred.
- View the "Workstation Comfort" and "Ergonomics & Musculoskeletal Disorders" brochures on these SAIF webpages.
http://www.saif.com/files/SafetyHealthGuides/S-898_WorkstationComfort.pdf
<http://www.saif.com/files/SafetyHealthGuides/SC-115.pdf>

115.pdf

Discoveries:

- *What needs to be modified so your workstation is ergonomically correct for your body?*
- *What strategies do you have to avoid a back injury from lifting children and car seats?*