MAFES Dawg Tracks

MAFES — MISSISSIPPI AGRICULTURAL & FORESTRY EXPERIMENT STATION

Overexertion-Big Problem - Simple Solution

MISSISSIPPI STATE UNIVERSITY

Overexertion is among the most common causes of workplace injuries and can result in painful injuries.

CAUSES OF OVEREXERTION INJURIES-
- Trying to lift or carry too heavy a load (one of the most common causes)
- Straining to push or pull a load
- Frequent bending, reaching or stretching, which puts extra strain on your muscles
- Working in an awkward posture for long periods
- Using excessive force when performing a task

FACTORS THAT CONTRIBUTE TO THE RISK OF OVEREXERTION INURIES-
- Employees are at a greater risk for overexertion injuries, if they are not in good physical shape. Toned muscles and a flexible body decrease the risk of overexertion.
- Being overweight also increases the risk of overexertion injuries. When a worker is carrying extra pounds, their body has to work harder, thus increasing the risk of overexertion and potential injuries.
- Poor posture can also put extra stress on your body, which can result in overexertion and injury.
- Age is also a factor that contributes to overexertion injuries, and as a result older workers are at a greater risk for overexerting and injuring themselves that younger ones.

INJURIES FROM OVEREXERTION-
- ✓ Pain or stiffness in the back or neck
- ✓ Pain or stiffness or loss of mobility in the shoulders
- ✓ Pain or numbness in the arms or legs
- ✓ Pain, swelling or stiffness in the elbow or knee joints
- ✓ Pain, swelling or numbness in the hands or wrists

Injuries caused by overexertion often takes days or weeks to heal, and some can be disabling.

SAFE WORK HABITS-
Training employees in safe work habits can minimize the risk of exertion. Emphasizing safe lifting and the importance of maintaining a neutral body posture while working are among the chief work habits to instill.

Train employees to lift safely by:
- Keeping the head straight and facing forward.
- Maintaining the back's natural curves, avoiding slouching, keeping your arms comfortably at your side.
- Keeping your wrists in a straight with your forearms.
- Standing with feet shoulder-width apart and weight balanced.

OTHER SAFE WORK HABITS TO PREVENT OVEREXERTION INJURIES-
- ✓ Arrange your work to minimize your reaching, bending, twisting and awkward postures.
- ✓ Taking mini breaks when you're performing strenuous jobs so that tense muscles can relax and have a chance to recover.
- ✓ Not lifting, carrying, pushing, or pulling more than physical capabilities comfortably allow (getting help or use mechanical aids)
- ✓ Paying attention to the body and seek prompt treatment for injuries caused by overexertion.

WORK TO BE SAFE
BE SAFE SO YOU CAN WORK

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SAFETY
YOU CAN'T LIVE WITHOUT IT

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