

SAFETY FIRST

PREVENTING STRAINS & SPRAINS DURING THE HOLIDAYS

Household waste increases during the holidays, with a lot put out right after Christmas. With all of that material to handle, workers run the risk of sprains and strains from repetition, overexertion, and rushing. Remember the following to stay pain free.



- Work at a steady pace and never rush to complete a job.
- Be sure to take regular rest periods and use the time to relax muscles.
- Be aware of signs of injury including joint stiffness, muscle tightness, redness and swelling, or sensations of "pins and needles" or numbness.
- For less serious pains, heat or cold can provide relief and may help you recover faster.
- If persistent pain does occur, talk with your supervisor about job modification or transfer.

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