

Sprains and Strains: Why your prevention efforts aren't working

Sprains and strains are the most prevalent injury type among ICW Group Policyholders.

Watch our safety training webinar to find out why common efforts to prevent these injuries aren't working. Discover practical solutions to reduce the risk of injury in your workplace.

In this webinar, you'll learn

- 5 practical tips to reduce sprains and strains
- How to assess your risks and develop solutions
- The truth about back belts
- Surprising facts about lifting

Download these helpful sprains and strains resources

Webinar Presentation



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5 Tips to Reduce Sprains & Strains



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Sprains & Strains Myths vs. Facts



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Risk Reduction Evaluation Form

SPRAINS & STRAINS

Risk Reduction Evaluation Form

ICWGROUP
Industrial Claims Workers' Group

Use this form to assess tasks that commonly cause Sprains & Strains, including lifting, pushing and pulling, and to identify opportunities to reduce the risk of injury.

Assessment completed by:

Date of assessment:

Sprains & Strains Case Review – Identify the frequency and costs of claims related to sprains & strains, to define the scope of issues and to justify interventions.

Period considered for case review

Related injuries

Work comp claims costs

% Claims

% Claims costs

Manual Lifting (ML) – Describe relevant tasks, risk of injuries and possible solutions to help overcome the risks.

ML Task	Task description	Weight	Lifts per min / hour	Lifting motion duration	Twist twisting	Load held out from body	Lifting over shoulder	Lifting behind knee	Sub-optimal grip points
ML Task 1: Risk Factors									
ML Task 1: Possible Solutions									
ML Task 2: Risk Factors									
ML Task 2: Possible Solutions									
ML Task 3: Risk Factors									
ML Task 3: Possible Solutions									
ML Task 4: Risk Factors									
ML Task 4: Possible Solutions									

Source: Company of the West | Eastern Insurance Company | Southern Insurance Company | ABC 123 LLC | Workplace Injury Liability

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Risk Reduction Evaluation Form – Example

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Manual Lifting (ML) – Complete this section by describing relevant tasks, risk of injuries, and possible solutions to help overcome the risks.

ML Task	Task description	Weight	Lifts per min / hour	Lifting motion duration	Twist twisting	Load held out from body	Lifting over shoulder	Lifting behind knee	Sub-optimal grip points
ML Task 1: Risk Factors	Workers manually lift bags from a high container onto an adjacent pallet at ground level.	20-55 lbs	2 lift per minute	Workers rotate out of the back every 2 hours	Occasional twisting between the end of the container and the pallet	Workers rotated the bags down on the for side of the pallet	No	The front feet of the pallet are below the knee	No
ML Task 1: Possible Solutions					Place pallet for enough space from container so workers are forced to rotate at the edge and straighten arms to lift and then swing before setting	Insert in a pallet that that rotates around front wheels from extending arms to set down bags on the for side of the pallet		Place spine pallet under the one being unrolled from the front of a spring loaded pallet after	
ML Task 2: Risk Factors	Workers manually lift bags of concrete mix from a pallet onto the edge of a hopper to be emptied.	60 lbs	Once per hour	N/A	No	No, workers extended walking around pallet to lift bags rotated arms to rotate into from them	No	The front feet of the pallet are below the knee	No
ML Task 2: Possible Solutions								Place spine pallet under the one being unrolled from the front of a spring loaded pallet after	
ML Task 3: Risk Factors	Workers manually lift pallets from a cart	45 lbs	5 times per hour	N/A	No	No	The shaft of the shoring units is above shoulder height for the majority of workers	Bottom shaft of shoring units is below knee height	No
ML Task 3: Possible Solutions							Prohibit use of the top shafts or require shoring units	Prohibit use of the bottom shafts or require shoring units	

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