

TOOLBOX TALK #10

PROTECT AGAINST SHOULDER INJURIES

Is your shoulder stiff after a day at work? Can you rotate your arm? Do you feel as though it's not operating at full strength?

A shoulder injury can occur as a result of a repetitive process according to industry experts. Jobs that can aggravate the shoulder include painting walls, overhead work, repairing vehicles raised on a lift, and filing and lifting objects.



Pain is the most common symptom of a shoulder injury. Variable degrees of stiffness and a locking sensation may occur with or without pain. Sometimes a shoulder injury can lead to numbness or tingling down the arm.

Early intervention is one of the best forms of treatment.

To reduce the risk of shoulder injuries, workers can:

- Keep elbows and knees bent at a 90-degree angle when working.
- Make sure feet are supported on the floor or use a foot stool.
- Take posture breaks and exercise for several minutes every hour.
- Follow proper lifting techniques: Face the object to be lifted, and keep the back as straight as possible by bending and using legs for lifting power.
- Avoid reaching to place or retrieve heavy objects stored up high. Use a stable platform or step stool.