



SHOULDER SAFETY

Human shoulders have a large range of motion and are vital in completing several work-related tasks. Muscle and tendons surround the shoulder and are subject to sprains, strains, and tears. It's important to keep safety in mind and to realize that a shoulder injury can have lifelong implications.

COMMON SHOULDER INJURIES

- Sprains
 - Separations
 - Tendonitis
 - Bursitis
 - Tears
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COMMON CAUSES OF SHOULDER INJURIES

- Repetitive motion
 - Overhead reaching
 - Lifting
 - Pulling
 - Pushing
 - Overhead work
 - Falling on an outstretched arm
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SHOULDER INJURY PREVENTION

- Exercise regularly to strengthen shoulder muscles.
 - Stretch throughout the day; greater flexibility leads to less potential for injuries.
 - Lift properly with your legs and the object close to your body.
 - Perform a team lift when the object is too heavy to safely lift alone.
 - Avoid throwing, yanking, tossing, and pulling on objects.
 - Don't reach for heavy objects stored overhead, use a stepladder etc.
 - Plan ahead, how can you perform the job safely?
 - Use carts and dollies to cut down on manual handling.
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TREATMENT

If you injure your shoulder notify your manager, supervisor, or crew lead immediately. Shoulder injury pain can often be reduced by using the RICE method.

- **R:** Rest
- **I:** Ice
- **C:** Compression
- **E:** Elevation
- You and your employer can determine if you need to seek medical attention for a shoulder injury.