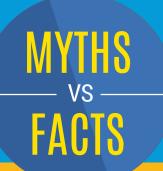
SPRAINS& STRAINS





Some will surprise you!



Injuries caused by sprains and strains are very low

Sprains and strains commonly cost **50**0/0 more than any other injury

MYTH #2

Training workers how to lift properly is very effective at lowering back injuries

Studies show training is ineffective at impacting
injury rates associated with manual lifting



MYTH #3

Back belts help eliminate injuries caused by lifting

GT: While back belts reduce back bending during lifting, they don't reduce repetitive injuries

MYTH #4

Using the squat technique when lifting greatly reduces back injuries

FACT: Spinal compression forces are estimated to be equal or higher in squat lifting





MYTH #5

Investing in mechanical lift aids isn't worth the expense

FACT: Mechanical lifts can be great investments, considering an average low back injury costs \$18K+

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