

SPRAINS & STRAINS

MYTHS VS FACTS

Some will surprise you!



MYTH #1

Injuries caused by sprains and strains are very low

FACT: Sprains and strains commonly cost more than any other injury

86%

MYTH #2

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

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



MYTH #3

Back belts help eliminate injuries caused by lifting

FACT: 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+**