

# Soft Tissue Injury Prevention

Proactive Awareness Training

## OBJECTIVES:

- Understanding soft tissue injuries.
- Accepting your bodies limitations.
- Recognise the causes.
- Control/Reduce the occurrence of soft tissue injuries in your workplace.
- Reduce the occurrence of soft tissue injuries.
- Focus on work activities.

**START**



# What Are Soft Tissue Injuries.

**Soft tissue injuries are injuries that affect your:**

- muscles,
- nerves,
- tendons,
- ligaments,
- Joints, and
- spinal discs.

**Soft tissue injuries are one of the most common types of injury in the workplace!**

## **NOTE:**

Most soft tissue injuries are not fatal however, these types of injuries can be disabling, preventing people from leading a normal lifestyle and in some cases living with constant pain.



**NEXT**

# Examples of soft tissue injuries include:

[SPRAINS AND STRAINS](#) (Click to See)

[DISCS INJURY](#) (Click to See)

[NERVE DAMAGE](#) (Click to See)

[CRUSHING](#) (Click to See)

[SCIATICA](#) (Click to See)

[TENDONITIS](#) (Click to See)

[CARPAL TUNNEL](#) (Click to See)

[BURSITIS](#) (Click to See)

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# Symptoms of Soft Tissue injuries.

**Soft tissue injuries are injuries that can affect you by:**

- Less strength for gripping.
- Less range of motion.
- Loss of muscle function.
- Pain or swelling, pain during movement.
- Localised Tenderness.
- Numbness and tingling in your limbs.
- Inability to do everyday tasks.
- Sore muscles.
- Strains/Sprains.
- Bruises.
- Pinched nerves.



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# Primary Causes of Soft Tissue Injury.

- Repetitive motions.
- Awkward postures.
- Forceful exertion.
- Contact stress.
- Prolonged vibration.
- Excess body weight.
- Slips/Falls.
- Struck by.
- Caught in.



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# Repetitive Motions.

**Tasks with high repetition rates can become a source of injury even when the required forces are minimal and normally safe.**

## Examples:

- Sitting all day.
- Raising and lowering your arm over and over again.
- Using your body to do the same motions for long hours.



**CONTROLS – Click to See**

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# Forceful Exertion : Controls



## Examples:

- Use mechanical devices to lift or support loads.
- Ask for help with a heavy or awkward load.
- Use power tools instead of hand tools when possible.
- Select tools with larger grips and bigger triggers.



**CLOSE**

# Slips and Falls.



- Watch out for trip hazards - Trash and debris, create hazards for everyone.
- Watch for slick surfaces.
- Make sure lighting is adequate.
- Don't jump from equipment.
- Use three points of contact when climbing.
- Wear fall protection when required.

**NEXT**



# Summary.

Each of you perform numerous activities every day that have the potential to result in some type of soft tissue injury.

Recognize when potential dangers exist and really look at ways to do the job in a safe way.

**Most importantly** – listen to your body! It tells you when you are doing things you shouldn't be doing.



**Safety is everyone's responsibility.**

**Lets work together to prevent sprains and strains and other soft tissue injuries!**