DID YOU KNOW?

While overexertion affects people differently, the most common injuries are strains and sprains, especially to the lower back.

Overexertion injuries result from excessive physical effort, such as:

- Carrying
- Holding
- Lifting
- Lowering
- Pulling
- Pushing
- Turning

Stop and take a break if you experience the following:

- Dizziness
- Sore or painful muscles
- Pulse higher than recommended exercise pulse for your size and physical condition
- Feeling very hot and sweating profusely
- Low abdominal pain
- Nausea
- Fluttering heartbeat – call your doctor if it lasts more than 30 minutes
- Chest pain – call your doctor immediately

Call 9-1-1 if you experience the following:

- Shortness of breath or labored breathing
- Headache – if severe
- Blue lips and/or fingers
- Lack of coordination

Overexertion

Overexertion is the third leading cause of unintentional injuries in the United States, accounting for about 3.3 million emergency room visits.* Whether at work or home, you can take steps to prevent overexertion.

- **Working in an awkward posture can place too much stress on the wrong part of your body.** Place objects as close to you as possible. Keep your body positioned square to your work. Remember, your toes should always point in the same direction as your nose. Using proper posture may seem unnatural at first, but over time your body will appreciate the safer positions.

- **Limit the amount of weight you carry, give yourself enough room to work in a neutral position and keep tools in good working condition.** Many people overcompensate for tools that are too worn or broken. When this happens, tools should be replaced.

- **Repetitive jobs create muscle tension because they do not allow the muscles enough time to recover.** Repeating certain movements for long periods of time also can increase your stress level, causing you to become tense. It is important to take frequent, short breaks.

NATIONAL **SAFETY** MONTH

Overexertion can be prevented

Ergonomics can lessen overexertion injuries. The demands of the job must match the capabilities of the worker. This may require training so you know how to perform a job safely.

Routine exercise and stretching can help prevent overexertion. Strength training to maintain a strong core also can be beneficial.

Use these safe lifting techniques:

- Stretch and warm up before lifting
- Keep your back straight
- Bend your knees
- Never bend or twist your back when lifting
- Never lift with arms extended
- Make sure your footing is solid with your feet shoulder-width apart

- Keep the load being lifted close to your body
- Lift with your legs, not your back
- Limit the amount of weight you carry
- Get help to carry heavy, bulky or large loads
- Keep pathways clear to avoid tripping

Share this with your friends and family.
For more information, visit **nsc.org**.

According to Injury Facts 2011 edition, based on 2008 data

Beware
of **repeated
motions**

Take frequent breaks
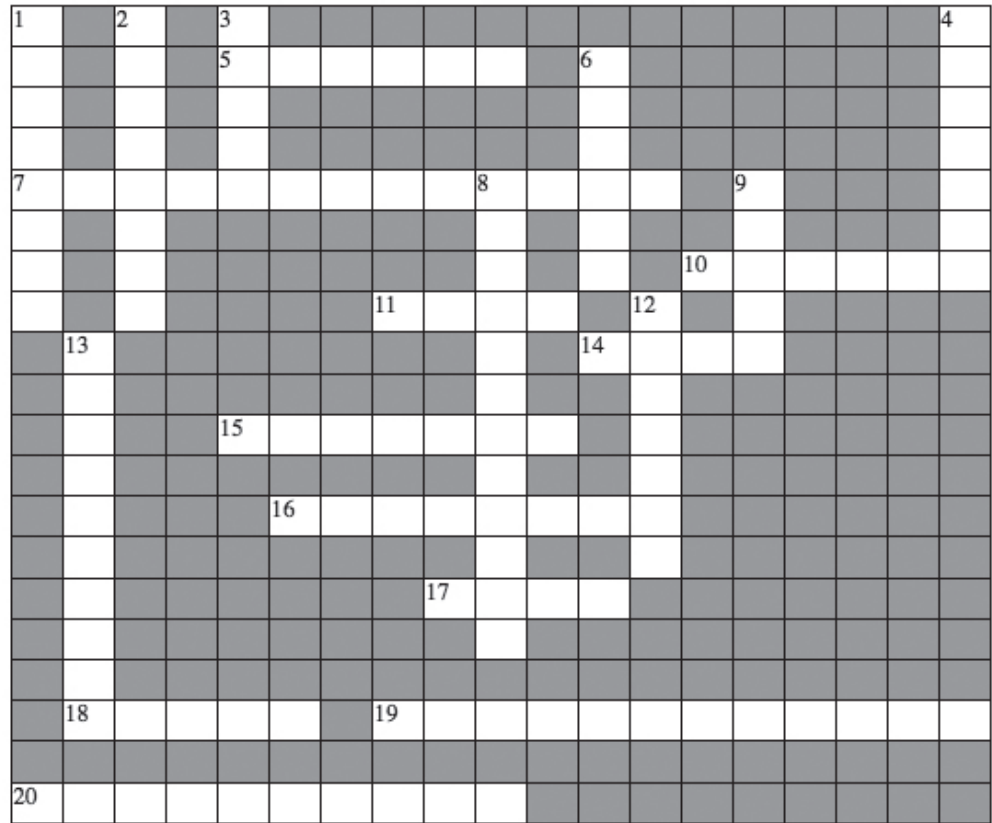to avoid overexertion

NATIONAL
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CROSSWORD PUZZLE
Overexertion

ACROSS

5. Limit the amount of _____ you carry.

7. Overexertion is the third leading cause of _____ injuries in the United States.

10. Your body will appreciate the use of _____ posture.

11. Stretch and _____ up before lifting.

14. Remember your toes should always point in the same direction as your _____ to reduce the potential for lower back strains and sprains.

15. Some symptoms of overexertion include dizziness, sore _____ and a fast pulse.

16. Give yourself enough room to work in a neutral _____ and keep tools in good working condition.

17. Working in an awkward posture can place too much stress on the wrong part of your _____. Place objects as close to you as possible.

18. Report any _____ of overexertion before it becomes a full-blown injury.

19. Overexertion injuries typically cause _____, which leads to pain and discomfort.

20. Strength training to maintain a strong core, along with _____ and exercise, can help prevent overexertion.

DOWN

1. When working in a repetitive job, it's important to take _____, short breaks.

2. Overexertion injuries result from excessive _____ effort, such as pushing, lifting and holding.

3. Never bend or _____ the back when lifting.

4. Repetitive jobs create muscle tension because they do not allow the muscle enough time to _____.

6. Keep your body positioned _____ to your work.

8. The most common _____ injuries are strains and sprains, especially of the lower back.

9. Get help to carry heavy, bulky or _____ loads.

12. Make sure your _____ is solid with your feet shoulder-width apart when lifting.

13. _____ can lessen overexertion injuries.

CROSSWORD PUZZLE KEY

Overexertion

ACROSS

5. weight

7. unintentional

10. proper

11. warm

14. nose

15. muscles

16. position

17. body

18. signs

19. inflammation

20. stretching

DOWN

1. frequent

2. physical

3. twist

4. recover

6. square

8. overexertion

9. large

12. footing

13. ergonomics

Teen Driving

ACROSS

2. safety belts

3. practice

5. drinking

6. parents

9. teen

10. one

11. months

12. three

13. law

14. comprehensive

16. zero

17. mandatory

18. fifteen

19. shared

20. modeling

DOWN

1. graduated

4. passengers

7. nighttime

8. cell phone

15. earlier

Slips, Trips and Falls

ACROSS

1. vision

3. rungs

7. wheels

8. ladder

9. falls

10. surroundings

12. traffic

13. active

15. tripping

17. distractions

18. excercise

19. unguarded

DOWN

2. spills

4. uneven

5. emergency

6. gates

9. four

11. handrails

14. cords

16. hazards

On the Road, Off the Phone

ACROSS

4. fifty

5. inattention

6. four

8. brain

9. talking

11. park

12. voicemail

14. benefit

16. police

17. serious

18. silent

19. uncomfortable

DOWN

1. visual

2. texting

3. cognitive

6. free

7. trunk

10. safe

13. mechanical

15. eleven