MOCGA TAILGATE TALK

PREVENTING SHOULDER INJURIES

MCGA MISSOURI COMMON GROUND ALLIANCE

Introduction: Personal protective equipment is required for almost all work tasks on a construction jobsite. Utility excavations, installs and repairs require – at a minimum – protective footwear, eye protection, head protection, high visibility workwear and hearing protection. All employees must know the company expectations for wearing personal protective equipment, and how to store & take care of it. Employees must know the company policy regarding damaged, replacement or lost protective equipment.

BE SAFE!!!

SHOULDER FACTS

- The shoulder has the greatest range of motion of any joint in the body and can be moved into 1,600 positions.
- The shoulder's flexibility and ability to move is why it's vulnerable to injury.
- The shoulder is connected by four main muscles and connected by their tendons:
  - Supraspinatus
  - Subscapularis
  - Infraspinatus
  - Teres minor
- Together, these muscles and their tendons are called the rotator cuff. These muscles and bones connect the upper arm (humerus) and shoulder.
- Traumatic injury to an arm can lead to tears in this system that can result in instability, reduced range of motion and pain when the arm is moved.

SHOULDER INJURIES AND PROBLEMS

- Strains;
- Separations;
- Overhead arm work that can lead to tendinitis;
- The bursa, or empty sac that surrounds the rotator cuff, can be squeezed, called bursitis.
- Aging causes rotator cuff degeneration and weakening.
- Rotator cuff tears are a result of overexertion during reaching, lifting, pulling or after a fall.

USE R.I.C.E. FOR INITIAL TREATMENT OF A SHOULDER INJURY:

- Rest, Ice, Compression and Elevation.

Consult your employer for treatment by an occupational physician to determine the extent of a possible shoulder injury. Follow the direction of your treating physician.

COMMON CAUSES OF SHOULDER INJURY:

- Hard, heavy, repetitive use of your arms;
- Heavy arm work in an awkward posture.
- Repetitive overhead reaching or heavy lifting;
- Falling on an outstretched arm;
- Pulling or "yanking" on an object with hands and arms. For example, "yanking" an engine starter cord or "drop starting" a chain saw.

SHOULDER HEALTH

- Exercise regularly to strengthen the muscles around the shoulder joint and arms.
- Upper body strengthening and flexibility can reduce the risk of shoulder injury.
- Cardiovascular health helps prevent injuries that occur as a result of muscle fatigue.
- Drinking water helps hydrate muscles.
- The stronger and more flexible the joints are, the better they will be able to withstand impacts or repetitive forces.
- Rest your body during non-working hours.

OVEREXERTION INJURY PREVENTION

- All of the weight you lift or move is transmitted through your shoulders.
- Follow company safety rules for proper lifting techniques and orthopedic injury prevention.
- Be cautious when walking & working in rough & muddy terrain like ditches.
- Performing strenuous tasks with outstretched arms can result in a shoulder injury.
- Think about proper body mechanics when positioning your body prior to exertion.
- Avoid throwing or tossing heavier objects. Yanking on chains, cables, booms or other heavy excavation equipment can result in an overexertion shoulder injury.

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DATE OF TRAINING	INSTRUCTOR NAME
COMPANY NAME	LOCATION OF TRAINING
PARTICIPANT NAMES	
SAFETY MEETING NOTES	