



**Back/Shoulder Sprain
214 days unable to work**

Then there's the shooting pain, surgery, pain meds, possible permanent disability, and explaining to your son that you can't play catch.

Who needs it, right?

Sprain and strain injuries can creep up on you gradually or hit you like a 90 mph fast ball.

There are things you can do to prevent or minimize sprain and strain injuries.

**Stay safe.
Stay working.**

- *Don't ignore pain*
– report symptoms early
- *Use mechanical aids to move heavy loads*
- *Don't force it*
– get help if it's too heavy or too hard

Visit www.KeepTruckingSafe.org for more information on how to reduce your risk to injury.

