



Physiotherapists:  
The Body Specialists

# Physio Tips

**WORKPLACE  
INJURIES**

**Physiotherapy Association of BC**

## **WORKPLACE INJURIES CAN BE PREVENTED**

Physiotherapists recognize the serious health risks and heavy economic costs associated with workplace injuries, and are offering solutions for making our work environments safer and healthier.

Lost time claims involve a wide range of injuries, disorders, and diseases including a significant number of back injuries (87,091). Repetitive strain injuries (RSI) are also a growing occupational safety hazard in Canada due to Canadians' increased use of computers and hand held digital devices.

No one is immune to injury at work. However there are many simple steps Canadians can take that will help reduce the risk of being injured in the workplace.

For example, to avoid work-related repetitive strains or back and neck injuries, look for easy ways you can change your work habits and work environment to have a positive impact on your health and well being.

Physiotherapists recommend the following tips to help prevent injury at work and address work-related pain before it worsens and becomes chronic:

- Maintain correct posture while working and be sure to take frequent breaks,
- Change your position often and keep work items that you use most frequently within easy reach to reduce stress on your neck, back, and limbs.
- If your work involves heavy activity, warm up before you start work,
- Break up activity by doing simple stretches throughout the day, and
- Use equipment such as a mechanical lift or a dolly to help reduce the amount of force required to transport or lift heavy items.

If simple modifications to your work space and habits don't solve the problem, consult a physiotherapist who can provide specific advice on body mechanics, strengthening exercises, posture and workplace equipment adaptations that are tailored to your particular work situation.

Also, consider having an ergonomic assessment of your work environment done. If there is a risk management team at your workplace, ask for a review and be ready to make changes to your work area.

Chances are, it will increase your productivity and decrease your risk of lost time and wages due to injury.

Physiotherapists also advise working adults to address strains, pains and physical health problems on the job early on so that something can be done to change the work process and help avoid serious injury.

Physiotherapists are experts in movement and mobility, body mechanics, muscles and joints. They will help develop an exercise program specially-tailored to your needs, putting together the right combination of activities to improve physical fitness and avoid injury.

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