Description

Introduction to Preventing Strains & Sprains for food service employees. Topics include causes of strains and sprains and how you can prevent them.

By the end of this class participants will be able to:

1. Know common causes of strains and sprains.
2. Know how to prevent strains and sprains.

Duration: 15 minutes

Materials

Preventing Strains & Sprains Handout from http://www.ehs.ucr.edu/safety/Housing_Safety/housing_safety.html

☐ (one for each participant)
☐ Preventing Strains & Sprains Assessment

Procedure

1. Circulate roster among all participants (1 minute)

2. Distribute copies of the “Preventing Strains & Sprains” handouts to group (1 minute)

3. Review the content from each topic on handout (8 minutes)
   a. Causes
   b. Simple things to prevent/minimize body strains and sprains

4. Assess the participant’s comprehension using the “Test” section in the Preventing Strains & Sprains Assessment. (5 minutes)