



Trending Topic

Strain, Sprain, and MSD (Musculoskeletal Disorder) Prevention

Strains, sprains, and tears were the *most common* non-fatal workplace injury type averaging approximately 11 days of lost time from work in 2019.* To help you and your employees prevent strain, sprain, and MSD related injuries, below are related links, tips and tools for quick reference.

Top Resources to Download and Customize: <https://go.ffvamutual.com/sprain-strain-msd-prevention>

- Back Injury Prevention and Safe Lifting Talk [English | Spanish]
- Back Safety Program
- Ergonomics Workstation Screening Checklist
- Safe Lifting Video
- Automotive Service Prevention of Strains and Sprains
- HVAC Contractors Prevention of Strains and Sprains [English | Spanish]

On-Demand Webcast

[Ergonomics: Fitting the Job to the Employee](#)

Related Blog Posts

[Ergonomics: Tips for Protecting Your Workers](#)

[Working from Home? 3 Ergonomic Tips to Make Your Space More Comfortable](#)

Additional Materials Available in *Safety Key*:

- Back Care and Proper Lifting [Webinar]
- Ergonomics: policy, program, screening worksheet and stand up desk tips
- Industry Specific Safety Program Guides
- Manual Lifting [Policy]
- Musculoskeletal Disorders in the Office [Meeting]
- Prevention of Strains and Sprains [English & Spanish] for Plumbing and Electrical Contractors

Related Services offered by FFVA Mutual's Safety Consultants at *No-Cost* for Policyholders:

- Facility and Job Site Safety Inspections
- Job Hazard Analysis
- Training in Proper Lifting and Ergonomics Awareness [Onsite and Online]

Quick Links:

Request a *Safety Key* login www.ffvamutual.com/safety-key-login-request

To view and Request our online and in-person safety training courses, visit www.ffvamutual.com/safety/safety-training-request

*Source: [Bureau of Labor Statistics](#)