

2.23.23

## SOFT TISSUE INJURY AWARENESS

### REALIZE THE RISKS.

Soft Tissue Injuries (STIs) are injuries to the body that affect the ligaments, tendons, muscles, and nerves. These injuries can result from common activities at home, during recreational activities, or at work. Training and education are paramount to help all employee-owners understand the risk factors associated with STIs and how to control/minimize them in the workplace.



## STRETCH AND FLEX BEFORE YOU WORK

Stretching prior to shifts is strongly encouraged.

### ROLES & RESPONSIBILITIES

#### Project supervision

- Provide employee-owners with appropriate training and expectations for soft tissue injury prevention.
- Encourage employee-owners who might be sore or stiff from previous workdays or physical exertion to stretch prior to each work shift.
- Provide project supervision with any recommendations for improvement to eliminate the potential for soft tissue injuries.

### PROCEDURES

#### General Requirements

- Because manual lifting is a potential source of serious injury, employee-owners shall be instructed to size up the job by looking at the weight, size, shape, and condition of the object to be lifted. They should explore lifting options such as getting help from a co-worker or utilizing mechanical assistance.
- Employee-owners shall be instructed to obtain help with any lift that will exceed their abilities to lift. If the lift weight exceeds 50 pounds, using mechanical means or getting a co-worker to help is recommended. When lifting with another person the weight should be evenly distributed and movements coordinated.

### TRAINING

#### Field employee-owners

- Toolbox Talks listed in the Toolbox Talks tab of the Company Safety Management System or provided electronically for special emphasis programs.

#### Project supervision

- Supervision must understand the risk factors for STIs and facilitate engineering these risk factors out of their employee's work.