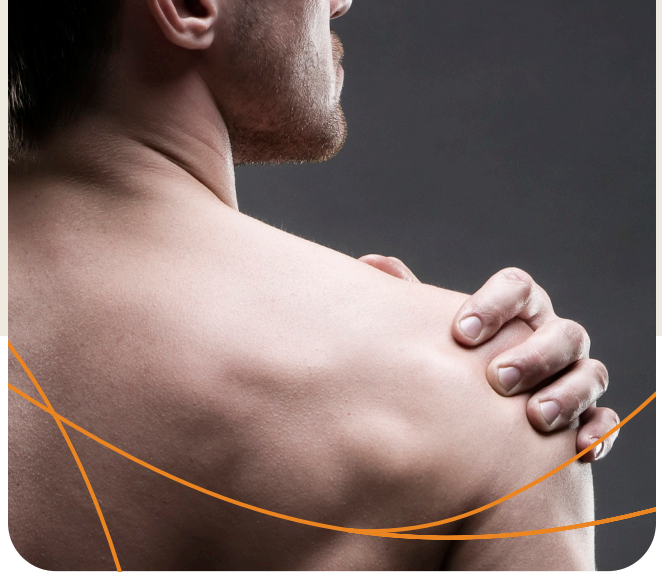


# Shoulder Safety

## Preventing Injuries

*The shoulder is a ball-and-socket joint that is relatively unstable and easily injured. The rotator cuff degenerates with age and injury, and must be cared for throughout your life. The shoulder muscles attach at different points on the shoulder blade and enable the shoulder to internally and externally rotate. Review these shoulder safety tips with your employees.*



## Tool Box Tips

### SHOULDER FACTS

- The shoulder has the greatest range of motion of any joint in the body.
  - It is this ability to move that makes the shoulder vulnerable to injury.
- The shoulder can assume 1,600 positions.
- The shoulder is surrounded by four muscles and their tendons. Together, these muscles and their tendons are called the rotator cuff.

### COMMON SHOULDER INJURIES

- Strains
- Separations
- Tendinitis
- Bursitis
- Rotator cuff degeneration and weakening
- Rotator cuff tears

### SHOULDER INJURY CAUSES

- Hard repetitive use
- Repetitive overhead reaching or lifting
- Repetitive overhead heavy lifting
- Falling on an outstretched arm
- Pulling or “yanking” on an object
- “Yanking” a starter cord on an engine
- Blow to the top of the shoulder

### R.I.C.E METHOD

- Use the R.I.C.E method for a shoulder injury
  - R: Rest
  - I: Ice
  - C: Compression
  - E: Elevation
- See a physician to determine the extent of a shoulder injury and whether or not more treatment is needed.

### SHOULDER HEALTH

- Exercise regularly to strengthen the muscles around the shoulder joint.
- Good upper body strengthening and flexibility can reduce the risk of shoulder injury.
- Good cardiovascular health also helps prevent injuries that occur as a result of fatigue.
- The stronger and more flexible the joints are, the more readily they will be able to withstand impact or repetitive forces.

### SAFETY

- Follow instructions with respect to proper lifting techniques and other safe work practices designed to prevent shoulder injuries.
- Avoid throwing or tossing objects.
- Carefully position the body and back before even mild exertion during lifting.
- Face the object to be lifted. Keep the back as straight as possible by bending and using legs for lifting power.
- Do not overreach to place or retrieve heavy objects stored up high; use a stable platform/step stool.
- Recognize when you need rest during non-working hours. Maintain good physical condition to avoid strains and sprains.

*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and MEM assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*