WORKSAFE TIPS

SHOULDER FACTS
- The shoulder has the greatest range of motion of any joint in the body.
  - HOWEVER – 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:
  - Supraspinatus
  - Subscapularis
  - Infraspinatus
  - Teres minor
- Together, these muscles and their tendons are called the rotator cuff.

SHOULDER INJURIES AND PROBLEMS
- Strains
- Separations
- Overhead work can lead to tendinitis.
- The bursa, or empty sac that surrounds the rotator cuff, can be squeezed, called bursitis.
- Aging causes rotator cuff degeneration and weakening.
- Rotator cuff tears are a result of shoulder injury.

USE R.I.C.E. 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!

COMMON CAUSES OF SHOULDER INJURY:
- 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

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.
- Use care when positioning the body and back before even mild exertion during lifting.
- Face the object to be lifted, and keep the back as straight as possible by bending and using legs for lifting power.
- Do not reach to place or retrieve heavy objects stored up high; use a stable platform / step stool.
- Know when you need rest and relaxation during non-working hours and maintain good physical condition to avoid strains and sprains.
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