



## Safety Message of the Day for IMEA Members



### Ways to Prevent Knee Injuries Safety Message

To someone who has not sustained a knee injury or felt severe knee pain, it is easy to underestimate our knees' role in completing everyday tasks. Our knees allow us to walk, climb stairs, kneel, crouch, sit, and more, which is critical to prevent injuries. In 2018, the US Bureau of Labor Statistics (BLS) recorded almost 80,000 serious knee injuries, which resulted in an average of 15 days away from work. Knee injuries can occur from overuse over time or from a single traumatic event. Fortunately, most knee injuries are preventable by following basic safety practices. This safety talk will look at ten ways to prevent knee injuries.

#### Ergonomics

- \* Work positioning - Evaluate if work can be raised from the floor to avoid knee impact.
- \* Avoid kneeling - Repetitive or prolonged kneeling can result in an impact injury to your knees. Reduce direct pressure on the knees whenever possible.
- \* Avoid ground level lifting and practice safe lifting - Safe lifting requires lifting with your knees rather than your back. When possible, avoid lifting from the ground level. Always use mechanical aids or get assistance from a co-worker whenever possible.

#### Personal Protective Equipment (PPE)

- \* Wear knee pads and use floor pads - When kneeling or crawling is necessary, avoid injury by wearing knee pads or using floor pads.
- \* Keep PPE clean and well-maintained - Dirty or damaged PPE can cause skin irritations on the knee, resulting in infection or inflammation of the knee cartilage.

#### Avoid Unsafe Behaviors

- \* Avoid shocks - Do not jump off any elevated surface (i.e., trucks, loading docks, or forklifts). Always have at least three points of contact and use proper handholds or steps. Do not use your knee as a hammer to budge or shove an object.
- \* Avoid slips, trips, and falls - Knee injuries caused by tripping or falling can be avoided by maintaining a neat and clean workspace and wearing appropriate footwear.
- \* Avoid twisting - When walking, avoid sudden stopping, twisting, or change of direction.