


Members of the IBEW Local Union 701 have reported strains and sprains as the most common injury sustained by workers during the past year. This trend is confirmed in OSHA reports submitted by local contractors. Not only are these the most common type of injury, but they are also the most costly.

- Avoiding lifting activity without proper equipment and practice
- Training to reduce muscle strain and discomfort
- Providing opportunities for exercise and rest
- Limiting repetitive, painful movements

The problem is so widespread that an ergonomics e-tool has been developed by OSHA in cooperation with electrical contractors nationwide. It identifies risks - and solutions - related to material handling, installation, and repair. Learn more at [**www.osha.gov/etools**](http://www.osha.gov/etools)



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The Construction Safety Council, in partnership with the NECA-IBEW 701 Safety Committee, would like to remind you to Work Smart, Build Safe!

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