

Did You Know...



ANKLE SPRAINS

Ankle sprains are one of the most common type of workplace injury. An awkward rolling, twisting, or turning of the ankle can result in a sprain. As a result, the ligaments that hold the ankle bones together might be stretched or torn.

Signs of an ankle sprain

- ✓ Pain, particularly when putting weight on the injured foot
- ✓ Tenderness when touching the affected area
- ✓ Swelling and bruising
- ✓ Restricted range of motion and instability

Prevention

- ✓ Keep an eye on your surroundings at all times
- ✓ Maintain full foot contact with the surface you're walking on
- ✓ When walking, running, or working on an uneven surface, use caution

