

Recognize Risk Factors to Prevent Personal Injury



Risk factors:

- Are obstacles to comfort, safety & well being.
- Can cause pain.
- Can aggravate current problems.

Risk factors can cause injury to:

- Nerves
- Muscles
- Joints
- The Spine
- Tendons & Ligaments
- Blood Vessels

Risk Factors Include:

- Awkward Postures
- High Repetition
- High Force
- Extreme Temperature
- Extreme Vibration
- Extreme Emotions

