Reducing Musculoskeletal Injury Among Agricultural Workers

So What?

Agricultural work remains one of the most hazardous professions in terms of fatalities and injury.

On average, 100 farm workers per day receive injuries that cause them to be unable to work for periods of time \(^3\).

In 2008-2010, 50% of crop worker injuries were due to strain or sprain \(^3\).

Evidence suggests that stretching reduces the risk of muscle strain injuries \(^1\).

Now What?

• Develop a training program that teaches various stretching exercises and posturing/lifting techniques to individuals who interact with farm workers regularly.

• These “trainers” can lead pre-work stretching and posture education sessions that will hopefully reduce musculoskeletal injuries among agricultural workers.

• Record the number of ¡CUÍDATE! \(^2\) training comics given as a guide to educate agricultural workers about safe and effective ways that they can reduce work-related muscular injuries.

References:

