



# STALL STREET JOURNAL

College of Engineering Office of Safety

SAFETY STARTS WITH YOU

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## Avoiding Common Injuries

Minor injuries can occur whether you are engaging in exercise outside or in the gym. They can occur while you are in your apartment, office, or laboratory. Despite our efforts, minor injuries which may not require a visit to a medical professional are all too common. This semester, the SSJ is going to focus on how you can stay safer and avoid the "ouchies".



**Sprains:** Whether from a Rec-Sports volleyball game, a weekend tennis match or hike in the bluffs, sprains are a pain! A sprain is an injury to ligaments, which are connective tissues that hold bones, cartilage, and joints together. Sprains are generally caused by a wrenching or twisting of a joint, which over-stretches or tears the ligament. Strains happen when a muscle or tendon is stretched or torn.

## 6 Ways to Prevent Sprains and Strains



Exercise consistently to maintain strength & resiliency



Warm up and stretch before activities. Remember to take breaks during repetitious exercises.



Avoid strenuous exercise if you are tired or experiencing pain



Stay hydrated & eat a well-balanced diet to keep muscles strong



Be aware of trip hazards like uneven sidewalks & items on the floor



Keep shoes in good shape and fitting well

If you have ideas for the Stall Street Journal, contact: [coesafety@engr.wisc.edu](mailto:coesafety@engr.wisc.edu)