

:: Overexertion & Overextension ::

Many work-related injuries occur due to overexertion and overextension. So what does that mean? Basically, overexertion is and overextension involve going beyond what our bodies are physically capable of accomplishing without a risk of hurting ourselves.

Overexertion, is exertion to the point of exhaustion or overstrain. Perhaps the prime example is working at a physically-exhausting job for too long, in which case severe fatigue sets in. Not only can this be harmful, but also the reduced awareness under such a condition can cause workers to have accidents more readily.

One form of overexertion can occur when attempting to lift or move heavy or awkward loads. Back injuries, hernias, sprains and strains are all injuries that occur due to overexertion, and all of these injuries can cause serious trouble.

While the term "overexertion" is used frequently regarding

the cause of injuries, it is a relative term. What may not be overexertion for a worker in good physical condition might be too much for someone who is not.

Overextension is extension beyond the normal limit. This primarily deals with motion or balance. How many times have you heard about a person trying to reach to one side while working on a ladder and the result is a serious fall? Attempting to jump from one level to another or across an opening or a ditch is also overextension, just as running down stairs or taking two steps at a time. Doing any of this could result in an injury.

Overextension of what your body can do from a health and safety point of view is risky behavior. In general, overextension involves trying to go beyond your own personal physical limits. Be smart and don't expose yourself to overexertion or overextension injuries.