

**An ant can lift up to 10 times
its own weight
People can't!**



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Sprains and strains from lifting and handling objects, working in awkward positions and performing repetitive tasks are some of the major causes of serious injury in the workplace. They can cause muscle damage, squashed nerves, back injuries and even permanent spinal damage. So, the next time you are about to do any of these things use your smarts. Remember, a sprain or a strain doesn't just stop you from working, **it can hurt you in more ways than you realise.**

We help you avoid them.

Visit www.act.gov.au/worksafe or call 6207 3000

