



# WASHINGTON STATE LOGGER SAFETY INITIATIVE

Keeping Washington loggers safe.

## Free 2015 Workplace Safety and Health Calendar focuses on Preventing Sprains and Strains

Sprains and strains are the most common source of employee injuries in Washington State, accounting for 42% of all workers' compensation costs. And logging is no exception. Sprains and strains are the No. 1 cause of costly time-loss/disability claims in the logging industry, according to the [Washington State Top 25 Hazardous Industries report](#).

To bring more attention to this disabling injury type, L&I chose "Preventing Sprains and Strains – Washington's Leading Workplace Injury" as the theme of the 2015 Workplace Safety and Health Calendar. It features real Washington State businesses and employees in jobs where sprains and strains are the most common. The calendar includes suggested weekly safety and health tips for preventing sprains and strains to the neck, shoulders, back, hands/wrists, knees and elbows.

We'd like to send you a free 2015 Workplace Safety and Health Calendar. Although the calendar doesn't feature logging specifically this year, the safety tips and information messages can be applied to any occupation that involves lifting, pulling, pushing or repetitive motion.

If you'd like calendar, send your request with a mailing address to [LoggerSafety@Lni.wa.gov](mailto:LoggerSafety@Lni.wa.gov). You also have the option to [download the calendar](#).

We hope you enjoy the 2015 calendar!