



KNEE INJURIES & PROTECTION ON THE JOB



WHY KNEE SAFETY MATTERS

Knee injuries are common in many industries — especially where kneeling, squatting, lifting, heavy materials handling, or prolonged standing is part of the job. These conditions can lead to pain, reduced mobility, lost productivity, and long-term musculoskeletal issues. A small knee injury today can turn into a chronic problem tomorrow if we don't take proper precautions

COMMON KNEE INJURY RISKS ON THE JOB

Knee injuries can happen quickly from a fall or impact — but many develop slowly over time due to repeated strain. Common job-related risks include:

- Frequent kneeling on hard surfaces (concrete, steel decking, etc.)
- Repetitive squatting, bending, or climbing
- Prolonged standing or walking on unforgiving surfaces
- Heavy lifting or awkward body positioning
- Twisting while kneeling or carrying loads

THE COST

100,000+

Knee injuries are one of the most common serious workplace injuries, causing over 100,000 work-related knee injuries each year.

18 Days

The median time away from work for knee injuries is about 18 days, which can create major impacts on staffing and productivity.



Many knee injuries start small but can turn into long-term problems like chronic pain and arthritis if not addressed early.

WORK SMARTER: PREVENTATIVE SAFETY TIPS

1 ADJUST THE WORK, NOT JUST THE WORKER

Whenever possible:

- Raise work off the ground to reduce kneeling
- Use extension tools to avoid awkward positions
- Reposition materials so work can be done at waist height

2 USE PROPER KNEE PROTECTION

Knee protection is PPE and should be treated like gloves, eye protection, or hearing protection.

- Knee pads reduce pressure and impact on joints
- Kneeling mats provide cushioning on hard surfaces
- Wear knee protection properly and inspect it regularly

3 TAKE MICRO BREAKS

If kneeling is unavoidable:

- Take short breaks to stand, stretch, and relieve pressure
- Rotate tasks when possible

4 USE GOOD BODY MECHANICS

- Lift using your legs and hips, not your back
- Keep loads close to your body
- Avoid twisting while kneeling or squatting

5 STRENGTH AND FLEXIBILITY MATTER

Strong legs support your knees. Stretching and strengthening muscles like the quads and hamstrings can reduce injury risk and help prevent long-term joint strain.

THE “K.N.E.E.” SAFETY CHECKLIST

K Keep work at the right height

Whenever possible, raise or reposition work to avoid kneeling or squatting.

N Never kneel unprotected

Use knee pads or kneeling mats every time, even for short tasks.

E Ease the strain

Take micro-breaks, change positions, and rotate tasks when possible to reduce repetitive pressure.

E Engage your body correctly

Use good posture and lifting technique to reduce stress on your knees and joints.

TALK IT OUT

DISCUSSION DATE: _____

SUPERVISOR: _____

