



HOW TO SURVIVE A DINOSAUR ATTACK

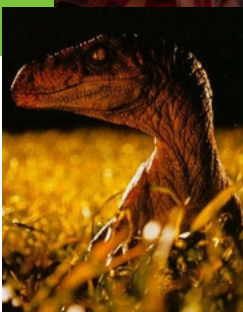
Welcome to Jurassic World! During National Safety Month, we at Work Right want to make sure you are **PREPARED** to prevent any possible injury. This obviously includes dinosaur attacks, since dinosaurs are being released into the world **this week**. We want to make sure YOU are ready in case you have the unfortunate luck of coming across one of these apex predators. Let me explain! No, there is too much. Let me sum up.

BY OMAR FERCHA, ATC



If You Come Across a Velociraptor

- **Pre Shift Prep:** Make sure you warm up! These predators are fast, agile, and mean. "50..60 miles per hour if they get out in the open. And they are astonishing jumpers." The last thing you need is a pulled hammy while trying to get away from a raptor. Get your high knees, butt kickers, and squats in before you head out for the day.
- **Recognize your Hazards:** Dr. Grant will explain "They move like a bird, lightly bobbing their heads. You stare at him and he just stares right back. And that's where the attack comes. Not from the front, but from the sides. From the two raptors you didn't even know were there. Velociraptors are pack hunters. They use coordinated attack patterns and they slash at you with this, a 6in retractable claw, like a razor, on the middle toe. The point is, you are alive when they start to eat you."



Not looking to be eaten alive? Then you better keep your head on a swivel, try to at least avoid velociraptor traps, and "don't run into the long grass!"

If You Come Across a T-Rex

- **Align your shoulders, hips, and toes all in the same direction** and **DO NOT MOVE** a muscle. Their visual acuity is based on movement, they'll lose you if you don't move. REXY stands over 12 feet tall and is over 40 feet long. No need to try to outrun this beast, just perfect your statue pose.
- If you do choose to run (we highly recommend against this choice), continue to **recognize your hazards**. An outdoor bathroom facility may seem like a good idea, unless it is built poorly. You don't want to be sitting on the toilet as the T-Rex destroys the facility. We all saw how well that went in the first movie...



Regardless of the prehistoric dinosaur you come across, you'd do well to make sure you are **PREPARED** to evade the animal to the best of your ability. However, dinosaurs are not actually loose in the world (unfortunately) but that doesn't mean that you can't **debrief and recuperate** after a long week of work at your local movie theater and watch how humans and dinosaurs interact in Jurassic World Dominion.

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



About Omar Fercha, LAT, ATC || Omar is a Portland, OR based Athletic Trainer with Work Right NW. He has 10+ years of experience working with youth to Division 1 athletes. Four years ago, he brought that experience to the sidelines of the industrial athlete. In his free time you can find him hiking with his wife, dogs, and brand new baby.

