



A VISIT TO THE WELLNESS CENTER

BY WRNW

At Work Right NW, we hope you know we're all about injury **PREVENTION!** In our effort to put a dent in healthcare, we provide training on proper ergonomics, identify and reduce ergonomic hazards, and encourage early reporting and intervention. Unfortunately, musculoskeletal (MSK) injuries still happen. They typically manifest themselves in sprains, strains, delayed onset muscle soreness, or lacerations, punctures, and abrasions.

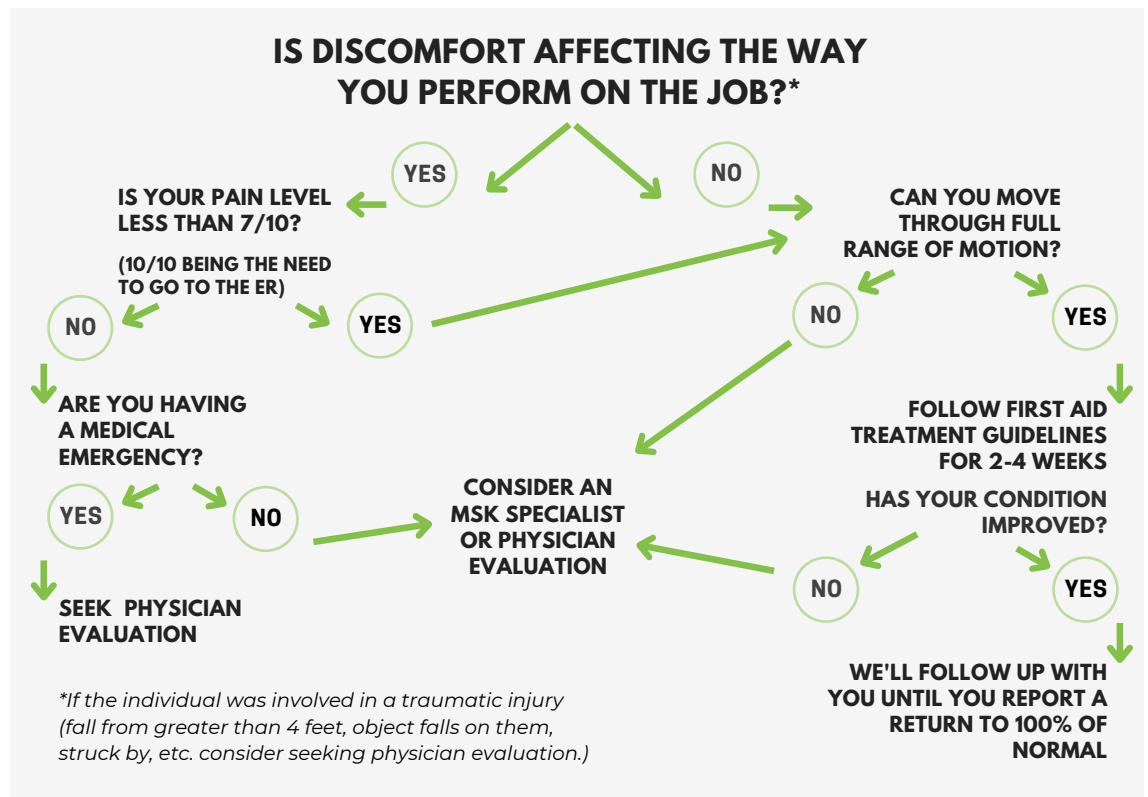
Dealing with Discomfort

Do you know how to effectively manage an MSK issue that results in the best care for an industrial worker? Try out this handy decision tree when you believe you have discomfort caused by overexertion such as pushing, pulling, lifting, holding, carrying, or throwing.



The Work Right NW Clinician Is Here For You!

A Work Right clinician will be happy to help you walk through each of these questions and put you on the right track. We'll talk through causes, prevention, any necessary first aid treatment, and when it's time to see a doctor. You'll avoid further injury and return to work as quickly as possible. Remember, we can help you with work-related and non-work related discomfort. Make an appointment and come see us at your site's Wellness Center!



Looking for More?

Check out this resource on [musculoskeletal first aid!](#)



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.

