



WORK RIGHT R E V I E W

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WORKRIGHTNW.COM



PREPARED FOR THE BIG GAME

BY THE WRNW ILLINOIS TEAM



At Work Right NW, we understand you aren't always at work, but that doesn't mean you shouldn't be PREPARED. We've devised a checklist to get ahead of injury prevention. So, as we approach the big football game, make sure you are checking off each letter to remain safe while watching all those commercials!!!!

P **Pre-Shift Warm-Up** - Even if you're preparing for football watching and eating chicken wings, this doesn't mean you shouldn't warm-up.

R **Review Your Hazards** - Take a look around your house. Clear walkways between couch, kitchen, and restroom. We can't have any slips or falls in your hurry to get back to see the commercials!

E **Evaluate Your Equipment for the Job** - Is the crockpot clean and cord in good shape? Room for beverages and leftover dips in the fridge? Fresh batteries in the remote? Check your gameday "tools" to ensure you have no worries on the big day.

P **Proper Lifting Posture** - A good host ensures unobstructed TV viewing. So, make sure you're using proper lifting posture while you rearrange your furniture to optimize viewing from all seats.

A **Align Your Shoulders, Hips, and Toes** - Be sure you are squared up to the TV while watching. Don't settle for improper viewing angles from your couch.

R **Remain in the Green Zone** - Keep both of your hands under a plate as you carry it your seat. Don't risk runaway chicken wings because you didn't keep that plate tight to your body.

E **Elbows in & Thumbs Up When Reaching** - Proper form while drinking a beverage on the couch is critical. Don't let your elbow fly out to the side as you enjoy your gameday beverage.

D **Debrief and Recuperate** - WHAT A GAME! And those commercials? They were better than last year! Now grab some water to hydrate and go to bed, champ. You've got work tomorrow!!!

**WANT TO READ MORE?
SCAN THE QR!**

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.



Happy "Big Game" watching from your Work Right NW Illinois Team!

