



# WORK RIGHT REVIEW

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## PREPARED TO TRAVEL

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VACATION!!! It's one of the things we look forward to most. You've planned the trip, lined up a flight, reserved the rental car, and booked the hotel. The last thing you need is an injury to set the trip spiraling. It's supposed to be a great time away, not a week laid up in bed because you hurt your back lifting your suitcase. No, thank you! However, if you're PREPARED, you can avoid this situation and get some much-needed R&R. Check out some tips to set yourself up for success.



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

### Review Your Hazards

Injury prevention begins when you're packing your bag. Do you know how much your bag weighs? Utilize a luggage scale to make sure you're able to safely handle the suitcase.

Most airlines limit checked bag weight to 50lbs. They're protecting their employees from injury with this policy. If an overly-heavy bag increases their industrial athletes' risk of injury, then it certainly increases yours. So, lighten the load!



### Proper Lifting Technique

You've packed that bag perfectly. Next, it's time to lift it safely utilizing Proper Lifting Technique. Make use of your bags' handles while you're lifting and maintain that S curve in your spine when picking it up off the ground.

Now if you're one of those expert packers who can fit everything to a carry-on luggage item, make sure you keep your elbows in and thumbs up when lifting it into the overhead compartment.



### PREPARED For Vacation

You've arrived at your final destination in one piece and without injury!

Finally, it's time to start on that itinerary you so meticulously planned. Or, maybe now is the time to get that chair set up on the beach in the perfect spot and just relax. Either way, if you follow these tips on being PREPARED to travel you'll be ready to enjoy your much-needed vacation!



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.

