

PREPARED LEADER

A Train The Trainer for the PREPARED Leader

PREPARING THE INDUSTRIAL ATHLETE FOR DAILY ERGONOMIC SUCCESS

EMPOWERING THE INDUSTRIAL ATHLETE

P
R
E
P
A
R
E
D

RE-SHIFT WARM UPS

Get moving! Run through your dynamic movements, nerve mobilization and stretching prior to work day.

REVIEW YOUR HAZARDS

Don't run on auto-pilot! Check in on your surroundings and be mindful of your safety.

EVALUATE YOUR EQUIPMENT FOR THE JOB

Assess your equipment DAILY-things may not always be where you left them.

PROPER LIFTING POSTURE

Engage your core, Maintain your "S" curve, and hinge at your hips while lifting.

ALIGN YOUR SHOULDERS, HIPS & TOES

Square up to your work. Avoid twisting or rotation with lifting, moving, or working on tasks.

REMAIN IN THE GREEN ZONE

Stay in the "green" to reduce your injury risk, maintain the strongest position for lifting, and work most effectively.

ELBOWS IN & THUMBS UP WHEN REACHING

Keep your shoulders in the most advantageous position and out of impingement zones to avoid injury.

DEBRIEF & RECUPERATE

Assess the day, pass on any safety information to the next shift, and like any good athlete-prepare for tomorrow!

REMEMBER YOUR 5P'S!
PROPER PREPARATION
PREVENTS POOR PERFORMANCE



The PREPARED Industrial Athlete Train The Trainer program is a training process that engages employees with the understanding that they are an "Industrial Athlete" & they need to think of their bodies as an athlete would. The process of PREPARED is a start to finish daily checklist that integrates ergonomic coaching, proper physical preparation, and general risk mitigation methods to ensure daily success.

The PREPARED topics are as follows:

- P** - Pre-Shift Warm Ups
- R** - Review Your Hazards
- E** - Evaluate Your Equipment for the Job
- P** - Proper Lifting Posture
- A** - Align Your Shoulders, Hips & Toes
- R** - Remain in the Green Zone
- E** - Elbows In & Thumbs Up
- D** - Debrief & Recuperate

WHAT PREPARED LEADERS HAVE BEEN SAYING:

"AFTER THE TRAINING I AM NOW MORE SELF AWARE OF WHERE MY BODY IS SO I AM NOT HURTING AT THE END OF THE DAY"

"IT IS VERY ENCOURAGING TO WORK FOR A COMPANY WHO CARES TO START A PROGRAM LIKE THIS TO HELP KEEP US SAFE"

PREPARED SITEWIDE INTEGRATION

PREPARED Industrial Athlete Program includes the following services:

- (Optional) Beginning PREPARED training to the entire workforce to kick off the mindset of PREPARED Industrial Athlete (45' presentation)
- Train the Trainer Module for PREPARED Leaders (4-8 hour training, 20 participants per class max)
- Participation in monthly PREPARED Leader committee meetings with a PREPARED trainer mentor (45-60' each)
- Monthly PREPARED Topic Campaigns (posters, newsletters, handouts) that will be delivered to the customer to utilize as desired throughout the organization. These campaigns are developed to be a teaching tool for your PREPARED Leaders to deliver to their crews as a part of their Tool Box Talks.
- As part of the "Pre-Shift Warmups" component of PREPARED, WRNW will facilitate a voluntary customized stretching program, design posters, and train facility pre-shift leaders to follow through with the stretching programs. (60 minute training)

EDUCATION IS KEY TO EMPOWERING THE WORKFORCE



100%

of PREPARED graduates said:

"Very excited, can't wait to start implementing"

"Definitely will use most of the principles of PREPARED"

in their daily work routines.

Kelly K., EHS Manager

“ I found the PREPARED Train-The-Trainer Course beneficial (even as a long time Safety Professional). The hourly employees who will be leading the efforts in the production areas not only learned a lot but were excited about the opportunity. All who attended the class went away feeling empowered to have a positive impact on their own health and the health of the people they work with. ”

100%

Of PREPARED graduates left feeling they had a minimum of a good understanding of the material



4 out of 5 feel they know it well enough to teach it to their peers

PREPARED LEADER TAKEAWAYS:

"There are preventative measures that can decrease your risk of getting injured"

"I now know how i can help my peers from preventing an injury at work."

"How easy it is to hurt yourself as well as AVOID hurting yourself"

"That reporting a strain or overworked muscle early is key before it gets to be a chronic problem."