

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 8



A WEIGHT OFF YOUR SHOULDERS

BY WRNW



It's that time again, Industrial Athletes. Work Right preaches prevention and this month our focus is on the ball and socket joint - the shoulder! When it comes to work, there isn't much your shoulders *don't* play a role in. To take the weight off of your shoulders, we've taken the best of all of those tips, tricks, strategies, warm-ups, exercises, and stretches and placed them into this all-in-one reference sheet to keep you safe at work.

TO ACCESS THESE RESOURCES, SCAN THE QR!

SHOULDER STRATEGIES

Whether you are on your feet all day or one of our desk athletes, proper warm up and microbreaks lead to better posture and less aches and pains in your shoulders. Check out these resources to guide you through a more pain-free and efficient work day!



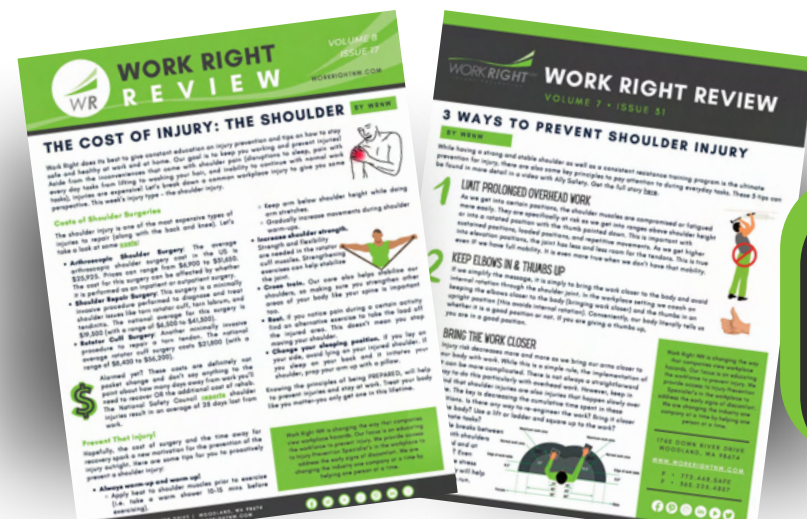
HUMERUS AND WATCH THESE

Need something more than an infographic or a brochure? How about some videos? Each of these resources teaches on the importance of shoulder strength for everyday tasks. Proper warm-up and proper posture all lead to reduced risk of shoulder injury.



THE POWER OF PREVENTION

With so many resources aimed at preventing those shoulder injuries, how about another thought. Prevent a shoulder injury and save money! Check out these prior Industrial Athlete Digest issues covering the cost of injury and why prevention is so important.



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 Specialists 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.



Ask your onsite clinician if you prefer a print version of these resources. They'll be happy to help!