



WORK RIGHT REVIEW

VOLUME 8 | ISSUE 12 | ARCHIVE WORKRIGHTNW.COM



CAFFEINE... IT'S GOOD

BY OMAR FERCHA

“If it wasn't for coffee, I'd have no identifiable personality whatsoever.”

- David Letterman

Caffeine can be found in the 3 most popular drinks; coffee, tea, and cola. It's everywhere! So how can we take this wonderful stimulant and use it to boost our powers while working? GREAT QUESTION! And, Work Right has your back. Find out here how to best use caffeine to boost your performance onsite.



**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.

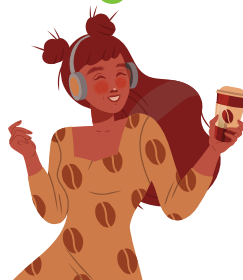
How Much is Just Right?

To get the right boost in energy to benefit your mental and physical work performance, you'll want between 3 and 6 milligrams of caffeine for every kilogram you weigh. So if you weigh 150lbs, that means you'll want 210-630 milligrams of caffeine.



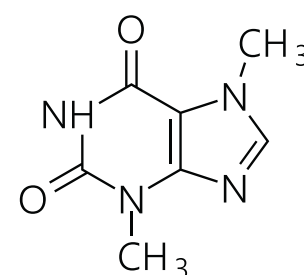
Timing is Everything!

You'll want to take your choice of caffeine product about an hour before work. This allows the caffeine to get circulated in your bloodstream. Caffeine can take effect in about 15 minutes on an empty stomach and about 45 minutes on a full stomach (a much more highly recommended option).



Metabolization

Once in, caffeine sticks around for a long time. It has about a 5 hour half-life. So, if you start with a larger dose in the morning, you may not need your second cup mid day!



Plan Your Intake

Everybody has a different response to caffeine. You may have to play with dosage to find what works best for you. If you're like me and have coffee daily, you already have a higher tolerance. You'll have to increase your dose on days you know you'll have to up your performance level!

