



WORK RIGHT R E V I E W

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HOW TO SURVIVE A DINOSAUR ATTACK

BY OMAR FERCHA, ATC

Welcome to Jurassic World! During National Safety Month, we at Work Right want to make sure you are PREPARED to prevent any possible injury. This obviously includes dinosaur attacks, since dinosaurs are being released into the world this week.



If You Come Across a Velociraptor

- **Pre Shift Prep:** Make sure you warm up! These predators are fast, agile, and mean. The last thing you need is a pulled hammy while trying to get away from a raptor. Get your high knees, butt kickers, and squats in before you head out for the day.
- **Recognize your Hazards:** Dr. Grant will explain “Velociraptors are pack hunters. They use coordinated attack patterns and they slash at you with this, a 6in retractable claw, like a razor, on the middle toe. The point is, you are alive when they start to eat you.”



Not looking to be eaten alive? Then you better keep your head on a swivel, try to at

least avoid velociraptor traps, and “don’t run into the long grass!”

If You Come Across a T-Rex

- **Align your shoulders, hips, and toes all in the same direction** and DO NOT MOVE a muscle. Their visual acuity is based on movement, they’ll lose you if you don’t move. No need to try to outrun this beast, just perfect your statue pose.
- If you do choose to run (we highly recommend against this choice), continue to **recognize your hazards**. An outdoor bathroom facility may seem like a good idea, unless it is built poorly. We all saw how well that went in the first movie...



Regardless of the prehistoric dinosaur you come across, you’d do well to make sure you are **PREPARED** to evade the animal. However, since dinosaurs are not actually loose in the world (unfortunately) but that doesn't mean that you can't **debrief and recuperate** after a long week of work at your local movie theater and watch how humans and dinosaurs interact in Jurassic World Dominion.

**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.

