INDUSTRIAL SPORTS MEDICINE

# PREPARING THE INDUSTRIAL ATHLETE FOR DAILY ERGONOMIC SUCCESS

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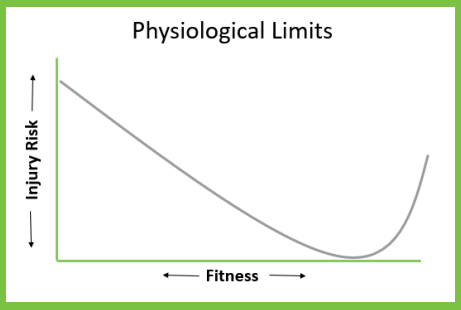
- **P** PRE-SHIFT WARM UPS
- **R** REVIEW YOUR HAZARDS
- **E** EVALUATE YOUR EQUIPMENT FOR THE JOB
- **P** PROPER LIFTING POSTURE
- **A** ALIGN YOUR SHOULDERS, HIPS & TOES
- **R** REMAIN IN THE GREEN ZONE
- **E** ELBOWS IN & THUMBS UP WHEN REACHING
- **D** DEBRIEF & RECUPERATE

## Physiological Limitation

We all have a "physiological limitation" or maximum weight allowance on our capacity to lift, move, carry, push, or pull. Going beyond this increases our injury risk. As you can see from the graph, the higher our fitness levels are, the lower our overall injury risk is! The one exception to this rule is about knowing your limitations! Those that are incredibly fit often have some serious acute or long term injuries because of overload to the system-chalk it up to ego! No matter how fit you are, humans will ALWAYS have a limitation, so be honest with yourself!



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## Engage the group in a question:

*True or False: Most professional athletes do not train for their sport. Only the athletes interested in fitness and have extra time in their day properly condition and train.*

## The Bullet Points:

- Our bodies are similar in nature to any **load bearing struc ture** (take a simple chair for example). The more **load** or **weight** or **stress** that is added to the system, the more **stability and strength** is required to offset that load prior to the breaking point. When the system cannot tolerate any further load, it beings to break down.

- The **"industrial athlete" (that's you) is like any other profes sional athlete.** You use your body to "work", which can include pushing, pulling, lifting, and carrying to name a few. Would you expect a professional athlete to skip training or physical conditioning and still perform well long into a career? Would we expect them to stay injury free without any preparation for the work they put their body through? **Does** s**imply playing the game or competing offer enough training to prevent injury?** (The answers to all of these questions are NO!) Why would we think any differently for the industrial athlete?

- **Injury prevention is best not left up to chance!** We will never be able to engineer out the work that humans need to do in the workforce, yet we all want to live well into our careers and enjoy retirement. The best way to do this is ensure that you have a **strong, stable system** to offset load AND that you **recognize your limitations.**



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## The Take Aways:

Injury prevention is highly dependent on the ability of the body to sustain stress and load on the system. When overloaded, fatigued, or overly stressed, without adequate reserve, it breaks down and results in injury to the system. Further, the less reserve the body has, the longer healing time will take to return back to a normal state of function.

*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. If you have symptoms of pain or discomfort, see your Work Right NW Injury Prevention Specialist!*