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

Remember the rule ELBOWS IN & THUMBS UP when reaching or lifting. It puts our upper body in the most advantageous position for safe and effective lifting.

Similar to tweaking your grip on a baseball bat or golf club, positioning ourselves with elbows in and thumbs up puts us in the most efficient position for reaching or lifting. With a little practice and technique, you're game will improve, you will go home without as many aches and pains, and your teammates will be envious of your new skills!

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Engage the group in a question:

If you were to wave "hi" to someone what does that look like? What position is your arm in? Is your thumb pointed in an upwards facing position or downwards. Now try that with the thumb down...-doesn't that feel awkward and uncomfortable?

The Bullet Points:

- Why **elbows in, thumbs up?** It puts our shoulders in the **best anatomical position** so the muscles and joints of the arm have the most room and most power to maneuver. It also decreases the stress on the shoulders, because as you have learned in the previous lesson, the farther away our arms are from our body, the more compressive force is added to the spine and shoulders.

- The ideal work task keeps you literally in a position where your elbows are rested at your side and your forearms are rotated so that your thumb faces up without any deviation at the wrist. The farther away we move from that power position, the higher risk we take. One or two motions in a higher risk position is okay, but staying in that position for longer periods of time is where we are in danger of injury.

- Equally as important is consideration of **wrist position** while working on a task. Regardless of your posture (whether your arm is in a thumbs up position or neutral position-like when lifting or typing) you still want to **avoid flexion or extension** at the wrist. Ideal wrist posture is strictly neutral without any bend. This keeps the structures of the hand (ligaments, muscles, and tendons) in the best position to avoid strain.

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The Take Aways:

Ideal posture for tasks involve the elbows in and arms relaxed at the sides with the thumb position facing upwards as well as the wrist in neutral. When deviating from this, remember to keep the elbows in towards the body and thumb in an up position.

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!