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

Injuries are not contagious!
Unlike a virus, injuries are not passed around by poor hygiene!

You can't "catch" an injury from your co-worker. Injuries do not work like the seasonal cold or flu-they are usually developed over periods of time, BUT similar to the cold or flu, are also preventable! Injuries developed over time often have warning signs like stiffness, unusual achiness, increased fatigue, or unusual discomfort that precedes the onset of actual injury.

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Engage the group in a question:

True or False: Overexertion injuries (injuries caused from excessive pushing, pulling, lift-ing, or carrying for example) are caused by the result of one bad action.

The Bullet Points:

- **Overexertion injuries** are the leading cause of workplace injuries and far outweigh the cost and impact of repetitive injuries. However, like repetitive injuries, overexer-tion injuries are ALSO developed over time. It may seem as though the injury hap-pened all of a sudden, as the result of one circumstance, but most likely it slowly de-veloped over days, weeks, or even years.

- It's important to remember that overexertion injuries are not passed around like bacteria or viruses! They are, in a way, **earned over time** with bad habits such as poor lifting posi tion or poor shoulder position and posture. We also have warning signs of impending doom that are easy to ignore, such as unusual stiffness, achiness, and fatigue. It is import ant to listen to messages your body is giving you-this is key to prevention!

- Just like washing your hands and covering your mouth can prevent the spread of a cold, so too can paying attention to warning signs your body is telling you. Getting the help you need is vital to prevention-whether that be more sleep, rest, a visit with **Work Right NW,** some added time **stretching,** or making sure you are adequately **strengthening.**

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The Take Aways:

Overexertion injuries are caused by excessive pushing, pulling, lifting, or carrying and are similar to repetitive strains, in that they are PREVENTABLE. Listen to unusual signs that you body is telling you and don't delay in acting upon them.

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!