WORK RIGHT NW
INJURY PREVENTION

INDUSTRIAL SPORTS MEDICINE

PREPARING THE INDUSTRIAL ATHLETE FOR DAILY ERGONOMIC SUCCESS

P RE-SHIFT WARM UPS

R EVIEW YOUR HAZARDS

E VALUATE YOUR EQUIPMENT FOR THE JOB

P ROPER LIFTING POSTURE

A LIGN YOUR SHOULDERS, HIPS & TOES

R EMAIN IN THE GREEN ZONE

E LBOWS IN & THUMBS UP WHEN REACHING

D EBRIEF & RECUPERATE

Assess the day, pass on any safety information to the next shift, and like any good athlete-prepare for tomorrow!

For an athlete, every practice or game ends with a bit of TLC.

Give yourself a little R&R: Rest & Recuperation! Finish off your day with a check in, maybe some ice or stretching? Get a massage or hit the foam roller!

Equally as important is a healthy post work meal and 8 hours of sleep! Nutrition and proper zzz's are essential for healing and restoration.

Don't cheat yourself out of a healthy post work meal and a solid 8 hours of sleep.