

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



LUMBAR SUPERSTAR (THAT IS WHAT YOU ARE)

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BY WRNW

Run away with us on a resourceful journey as we shift our focus to a workplace warrior often carrying the weight – the lower back! Just as a solid cornerstone supports towering achievements, a sturdy back is pivotal for a productive and pain-free workday. Work Right presents a treasure trove of resources tailored for your lumbar's delight. Reach for the stars and kick those backaches to the curb. Your lower back deserves a superstar, and we've got your back – literally!

BACK TO BASICS



These resources in particular may be a known quantity in your daily warm-ups or pre-shift exercises, but it's nice to have everything all in one place when you need it. Whether there's some stiffness in your low back region or you're getting your body ready for action, practice these microstretch exercises frequently. Decrease the tension and prevent an injury!

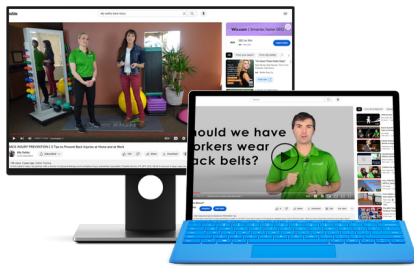
[Low Back Basic 5 Flyer](#) | [Low Back Daily 5 Video](#)

NO TIME TO SLOUCH



What does our own Digest archive have to say about your low back? Because of course we've got a back catalog for your archival pleasure! Check out these previous Industrial Athlete Digests on the topics of the [Cost of Injury](#), how you can PREPARE your back when [packing and moving](#), and how the simple [placement of your wallet](#) can work wonders on your lower back.

SPINE TINGLING SECRETS



Ready to learn those spine-tingling secrets for low back injury prevention? Our first video resource ends the debate on whether a back brace is helpful in preventing back injuries. Secondly, Chantel Gorton presents strategies for preventing back injuries outright with our friends at Ally Safety.

[To Brace or Not to Brace](#) | [Back Injury Prevention Strategies](#)

INDUSTRIAL SPORTS MEDICINE

As always, we have further print resources for all-encompassing back prevention exercises and strategies. Low back injuries don't just hamper the industrial athlete during their work tasks. The low back is prone to overexertion from any number of daily activities and projects. Ask your onsite Injury Prevention Specialist for a copy of these references for helping with low back issues.



PREFER PRINT?

Ask your onsite clinician if you prefer a print version of these resources. They'll be happy to help!

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 Specialists 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.

