

THE INDUSTRIAL ATHLETE DIGEST

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OUR PPE SUIT OF ARMOR

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Discover your hidden suit of armor, a powerful and adaptable force that may not rival Iron Man's, but is super nonetheless. Our physical strength and stability are more crucial than we realize, constantly facing various forces, whether from sitting at a desk or handling heavy equipment. The challenge lies in ensuring our bodies can withstand these forces, be it repetitive strains or occasional intense tasks.

STRENGTH AND ADAPTABILITY

Our strength is indeed adaptable, but not invincible. Remember when starting a new job, feeling exhausted and sore? That's because our bodies were adjusting and adapting to the demands placed on them. Then slowly and seemingly magically returns to normal. Slow and steady stress over time sends a message to our body that we need more "oomph" in certain areas.

NO SUCH THING AS INVINCIBLE

For the younger individuals among us, it's essential to recognize that even agile bodies have limits. Knowing when not to push ourselves too far is a key aspect of strength PPE. Instead of assuming we can lift something heavy, it's crucial to find alternative methods for such tasks. Just because we **CAN** lift it doesn't mean we **SHOULD** lift it.



INCREDIBLE STRENGTHENING MACHINES

The ability to strengthen ourselves gradually over time is a superhuman power. The secret lies in applying slow loading in the correct positions. Regardless of age or experience, a consistent strength and conditioning routine is the ultimate PPE. There is no one-size-fits-all strength routine; it varies from bodyweight exercises like yoga to resistance-based training and high-intensity workouts. The only rule is gradual progression. It's advisable to consult with a physician before starting any new routine and seek guidance from an Injury Prevention Specialist.

TO ACCESS THESE RESOURCES, SCAN THE QR!

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.

