

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW

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YOU BETTER WATCH OUT

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During prime holiday season, we all want to make sure our holiday decorations are a perfect 10/10. If it's because we want to impress our neighbors, get in the holiday spirit, or need to do our best Clark Griswold impersonation, holiday decorations are a must! That being said, the installation and inevitable take down of these decorations can be difficult at times. To stay safe this holiday season, **PREPARED** isn't just for the industrial athlete. This Injury Prevention Specialist wants to ensure all [E] Evaluate their equipment for the job, remember to keep their [E] Elbows in and thumbs up when reaching, and [R] Review their hazards!

STEP INTO CHRISTMAS

Decorating with exterior lights is a great way to spruce up your home, but it requires more than just plugging them in. Setting up involves using ladders or step stools, so it's crucial to ensure they are safe and in good condition. Are there any broken or weak parts? Is it suitable to hold our weight? Structural damage only heightens risk for injury. Before and after use, inspect for any damage, and during use, maintain proper lifting posture to minimize the risk of injury.

SHEDDING LIGHT ON EXTERIOR ILLUMINATION

When installing or taking down lights and decorations, it's important to keep proper posture and technique in mind. When you're up on the recently inspected and safe ladder, you're going to have to do quite a bit of reaching out in front of you or to the side to install the decor. When doing so, it will be important to **keep your elbows in and thumbs up**. Your shoulders will thank you.



UP ON THE ROOFTOP

We've evaluated our equipment and utilized proper posture and technique, but the winter season presents numerous hazards for exterior holiday decorating and we should keep an eye out for a few specific ones:

- When moving the ladder around or stepping from rung to rung, keep a lookout for any ice that may be forming.
- Watch for any falling snow coming from the roof or gutters. If snow is piling up, jostling from nailing or stapling can send snow falling, causing us to lose our balance or worse.



WATCH OUT FOR MORE HAZARDS BY SCANNING 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.



Happy Holidays to all from Work Right NW!

