

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 36



## EMERGENCY PREPAREDNESS 101

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Are you PREPARED?!? I'm not talking about being prepared for your workday. If you are reading this I am assuming you are embracing our PREPARED principals everyday at work. I'm talking about being prepared for the unexpected. When I worked as an ATC in the collegiate sports setting, I spent my time on the sidelines observing practice and games in a thought experiment. After every hit, imagined what I would do if a player sustained a life threatening injury. Broken bones. Head injuries. Basically anything that could happen to a player in the worst case scenario. Would I be ready to leap to action? Where were my supplies located? This process helped to keep my mind sharp and remember bad things can and will happen.



**TO ACCESS THESE RESOURCES, SCAN THE QR!**

### AN EMERGENCY ACTION PLAN (EAP)

Bad things don't just happen at work. The night is dark and full of terrors. Emergencies aren't limited to the workplace; they can happen at home too. Just as you have a plan at work, creating a home Emergency Action Plan (EAP) is crucial. Whether it's fire, floods, medical emergencies, or intruders, tailor your EAP to your location, practice it with family and community, and use available resources for development.



### FIRST AID KITS

Supplies are critical. From a bandaid, to a tourniquet, to gloves, having something available is better than nothing. It can literally be the difference between life and death. You should have a First Aid kit in your car, in your house, in your pack when you are on the go. You're not going to know when you need it, so keep them close.



### STRONG IS NEVER WRONG

Get Fit! Take fitness seriously. Not just to look good, but to ensure you are able to help those you love in the event you need to do so. It's easy to say, "your adrenaline will kick in when that time comes," and yes, it will. But it doesn't last forever. An adrenaline kick is quick and gets used up real fast. Then what? You have to rely on your fitness and determination to get through the rest.



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.



So we ask again, are you PREPARED?

