

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



BUILDING OUR WORLD

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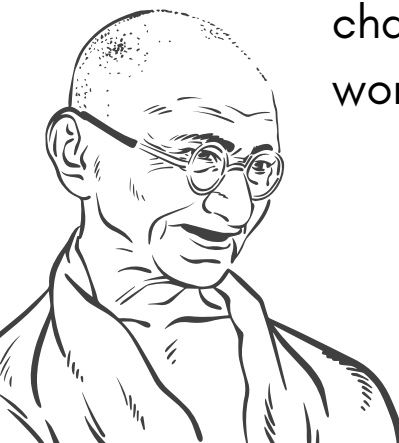
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Spring is here, and with it comes a time of new growth and renewal. The cold, dark days are receding, the ground and air thaw and begin to stir with new life. Even our bodies begin to transition from winter hibernation and energy conservation, to the stirring, insistent energies of spring. It is no wonder that April is Earth month, a time when around the United States, many communities celebrate nature's awakening by holding composting workshops, planting trees, and spring-cleaning our natural spaces. But what better time to find new ways for Building Our World toward a greener future?



BE THE CHANGE

Whether we celebrate Earth month or not, we can all agree that spring is the time for planting seeds. It can also be a time when we plant the seeds of a sustainable lifestyle. The world is literally budding with opportunities to be involved in creating positive change. You may ask, why? Why me? Why bother? In the well-known words attributed to Gandhi, you must be the change you wish to see in the world.



*Be the Change
You Wish to See
in the World.*

CREATING THE CHANGE

Since we spend about a third of our life at work, we have a tremendous opportunity to create positive change in our workplaces, and opportunities abound. Here are some eco-starter questions to get your mind to realize some of the easy ways to get started:

- Have you considered carpooling to work, or riding your bicycle?
- Does your work have any kind of recycling system in place?
- Do you regularly use single use plastics for your meals, or get a drink on your way to work in a single use plastic cup?
- Do you turn off lights and computer monitors when you are away from your work?

CHANGE IN ACTION



Work Right Injury Prevention Specialists have been presented with an Eco Challenge this month and we think our Industrial Athletes should take part too! Download your own Work Right Bingo card and see how many Bingos you can create this month by completing eco tasks in your day-to-day life. Ask your onsite clinician to print you a copy if you need!

A word of caution - just like a novice gardener, don't plant too many seeds. It's better to start small, because small changes are lasting changes. Stay tuned to our weekly Digest throughout April for more ideas on contributing to a sustainable lifestyle. Making choices that benefit our planet will build a better world for us today and for generations to come.



**READ MORE AND DOWNLOAD
YOUR ECO BINGO CARD BY
SCANNING THE QR CODE!**

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.

