

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



IT'S EASY BEING GREEN

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April is Earth Month and that means we're all think about making changes to become more environmentally friendly. Even your onsite injury prevention specialists take part in this by utilizing green initiatives that our Eco Team has found. Don't forget there are still a few days to get involved with **Work Right's Eco Bingo Challenge**. Be sure to ask your onsite clinician for your way to take part and find there are things we can all do to make our days (and nights) a little more Eco Minded. In the meantime, let me remind you of a few examples of how easy it is at being GREEN!



MICRO GREENS

Going green doesn't have to be hard. There are certainly some big lifestyle changes you can make that can make an immediate, positive impact on your carbon footprint, but if you're looking to get started, let's start small. In the same way we coach industrial athletes about the benefits of microstretches, let's dive into some micro acts of getting greener when the overall challenge of going green might seem daunting. Let's call them **micro greens**! First up...



Buy an Electric Vehicle... HA!! Gotcha!! You don't have to do something that big to be green. That's what I want to tackle here. The small things that we can all do that will add up to big things.



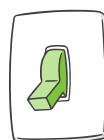
Turn off the water when brushing your teeth - no need for you to waste water while you brush your teeth for 2 full minutes like dentists recommend right?!?!



Solar panels on your roof... Good. You were paying attention and didn't fall for that! Not a bad idea, but a big investment.



Use kitchen towels instead of paper towels - No need to fill up your garbage can with all that paper, just use a towel to wipe up that coffee you spilled then toss it in the washing machine with your next load.



Turn off the lights as you leave a room - this is maybe the easiest one on the list, but is arguably the cheapest way to turn your life green.



Reusable water bottles - More and more places offer water bottle filling stations along with drinking fountains (bubblers in Wisconsin - WEIRD!!!). So carry a reusable water bottle and take advantage of those stations.

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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.

