THE INDUSTRIAL ATHLETE'S

WELLNESS PLAYBOOK

EDUCATION TO EMPOWER HEALTHY CHOICES

TISSUE FACTORS
HEALTH FACTORS
SOCIAL FACTORS
SLEEP FACTORS
PSYCHOLOGICAL FACTORS
ENVIRONMENTAL FACTORS

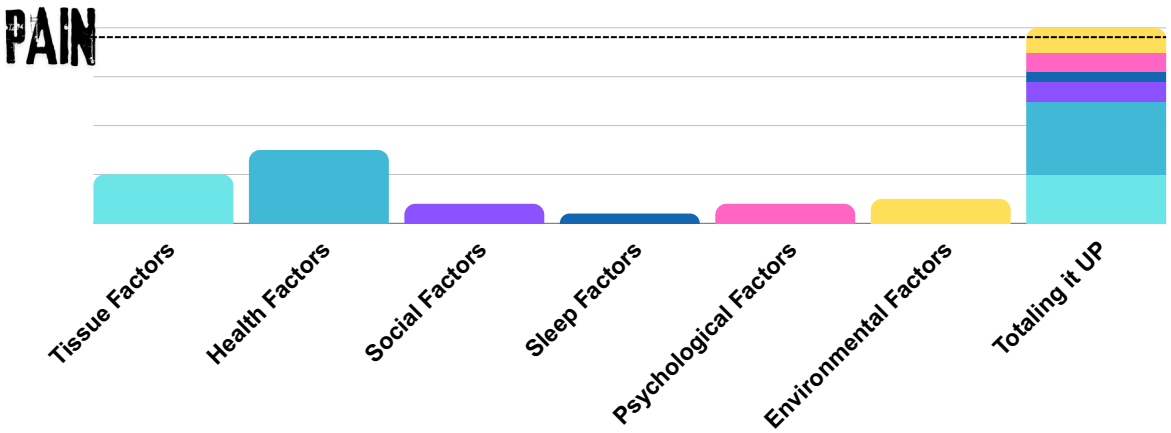
WORK RIGHT NW
INJURY PREVENTION

INDUSTRIAL ATHLETE'S WELLNESS PLAYBOOK

MATH OF AN INJURY

IT ALL ADDS UP...

When evaluating a workplace injury, we often focus our attention on the glaring and obvious and neglect to factor in the hidden elements that in various amounts tip the balance between robust tissue strength to injury. While there is no set "recipe" for how much of each is needed to add up to an injury, they are all always at play. Each individual is also different from another so while one individual may add up to an injury in one way, the next individual can have a completely different ratio of each of these elements



TISSUE FACTORS

Tissue factors relate to how healthy the "tissues" of the body are. Are the muscles, tendons, and ligaments of the body in a healthy working condition?

HEALTH FACTORS

Health factors such as co-morbidities like diabetes, obesity, and smoking slows down healing and regeneration processes that are necessary for recovery and growth.

SOCIAL FACTORS

Social factors affect our health too. Believe it or not, your social circle (or lack thereof) can positively or negatively affect your overall health.

SLEEP FACTORS

Sleep factors impact our recovery. We do the majority of our healing during sleep, so not getting adequate sleep skips a vital period of recuperation

PSYCHOLOGICAL FACTORS

Psychological factors such as happiness or depression levels take a toll on the body as well. Those with depression have higher rates of pain

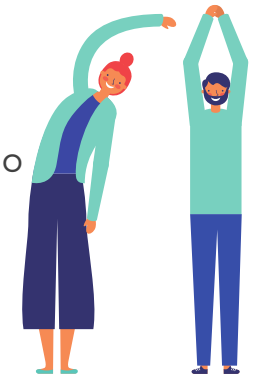
ENVIRONMENTAL FACTORS

Environmental factors can include both workplace specific working environments as well as psychosocial elements of work

INDUSTRIAL ATHLETE'S WELLNESS PLAYBOOK

TISSUE FACTORS

WARM UP

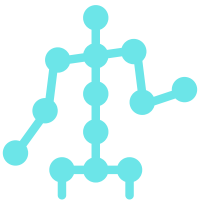


A warm-up kick starts your internal engines to get moving. An effective warm-up is CRITICAL to limiting potential injuries and making sure you feel great all day!

A warm up may be easy to skip if you are not in the right mind set. As mundane as it sounds, working at 100% of your capacity is vital to both job performance and physical health! So let's review a few of the most important aspects of the warm-up and get your body ready. There is ALWAYS a component of tissue health in an injury so working on keeping yourself in tip top tissue shape will benefit you.

WARM UP BEST PRACTICE

1. Focus on each joint individually



2. Increase heart rate to help push blood to extremities

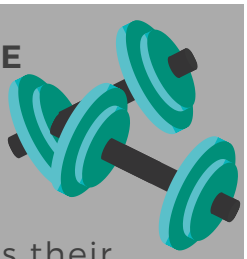
3. Mix in strength movements to wake up muscles

4. Be specific, stretch the muscles you use most often during your workday

MAKE IT DYNAMIC

Human beings were built to move! Start your warm up with nice and easy dynamic movements. These help lubricate your joints, mobilize your nerves, and increase your heart rate which will feed your muscles the nutrients they need! The extra blood flow will also help decrease muscle tightness which will get you a more effective stretch. WIN!

ADD A LITTLE STRENGTH



Muscles are made to contract and stretch. That's their main purpose! Strengthening your muscles helps build stability at your joints. The more stable your joints are the less likely you are to sustain an injury. Building strength also increases muscular endurance which means you can work longer with less muscle fatigue.

FINISH WITH THE STRETCH

Don't forget the stretching and flexibility work. Now that your muscles are full of blood, which increases their elasticity, you can really get your stretch on!

Hold your stretches for a minimum of 20 seconds to get the full benefits of the stretch. Try and maintain good form/posture during the stretch.

INDUSTRIAL ATHLETE'S WELLNESS PLAYBOOK

HEALTH FACTORS

HYDRATE

You may have heard this before, but it must be said again: **HYDRATE! HYDRATE! HYDRATE!** Your body is composed of 60% of water and it needs to be replenished to keep things working.

Water is to the body as gasoline is to a car.

We need it to run and when we start getting low, things can get ugly. We get early warning signs like thirst and dry mouth and as it gets down to the fumes, it can progress to headaches, fatigue, loss of ability to focus, and even increases the risk of injury.

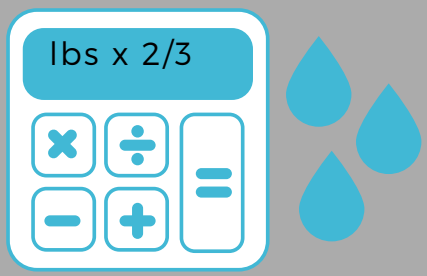
Water has so many great advantages:

1. *Maintains normal blood pressure*
2. *Improves cardiovascular health*
3. *Improves cellular health*
4. *Maintains electrolyte balance*
5. *Aids in proper digestion*
6. *Lubricates your joints*
7. *Improves physical performance*
8. *Improves your immune system*
9. *Protects your vital organs*
10. *Is 1 of the 6 essential nutrients of life*

SO HOW DO YOU KNOW IF YOU'RE DRINKING ENOUGH WATER?

DO THE MATH

On average, a man needs about 15 cups of water and a woman, 11 cups of water per day. But, there is an easy way to calculate exactly how much YOUR body needs. Multiply your body weight (in lbs) by 2/3 and it gives you how many ounces of water you need per day.



LOOK IN THE TOILET

The easiest way to determine if you're hydrated is by checking the color of your urine.

Clear: you're actually overhydrated. Hold off on the water for a bit.

Light Yellow: this is perfect hydration. Keep up being awesome!

Dark Yellow: you're still hydrated and doing great!

Orange: Time to hit that water bottle. You are trending on dehydration!

Rust: Whoa Nelly, get on that water. You are in dangerous dehydration territory!

START THE DAY WITH A GLASS

Hydration should start first thing in the morning with a 16 oz cup of water. Not only does this start you off hydrated, BONUS POINTS, it can actually help you gauge how hungry you actually are before you reach for the extra serving.

START WITH 16 OZ IN THE AM

SOCIAL FACTORS

SOCIALLY CONSCIOUS

Ever had your doctor write you a prescription for more time with friends? Believe it or not, your social circle (or lack there of) can positively or negatively affect your overall health.

Strong social connections are linked to a 50% increased chance of longevity. These connections strengthen the immune system, help recover from disease faster, and may even lengthen life. Positive social interactions release hormones like dopamine, which produce feelings of happiness and reduce stress.

Negative social interactions on the other hand, can increase your stress and anxiety levels. According to research by the Mayo Clinic, negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways. This can lead to higher cortisol levels (a stress hormone) and associated health problems, such as high blood pressure and weakened immune function.

The mindset of those around you plays a crucial role in shaping your own habits and behaviors. Positive influences can promote healthier lifestyles, better coping mechanisms, and greater motivation, while negative influences can increase stress, encourage unhealthy habits, and reduce motivation.

Surrounding yourself with positive and supportive individuals can have a profound impact on your overall well-being and success!

THE SCIENCE OF SOCIAL CONNECTION

MENTAL HEALTH

Social isolation can lead to increased risks of depression, anxiety, and higher levels of stress. Prolonged loneliness has been linked to changes in brain function and increased risk for conditions like depression. People who are socially isolated often report higher levels of negative emotions and lower overall psychological well-being.

PHYSICAL HEALTH

Lack of social connection is associated with physical health outcomes. It has been shown to increase the risk of conditions such as heart disease, stroke, and decreased immune function. Studies indicate that social isolation can be as detrimental to health as smoking, obesity, and high blood pressure!

INDUSTRIAL ATHLETE'S WELLNESS PLAYBOOK

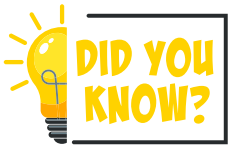
SLEEP FACTORS

YOU'RE GETTING SLEEPY

Your eyes are starting to get heavy. You are feeling calm and relaxed. No, you are not being hypnotized, this is how you are actually feeling...at work. Not the best place to be falling asleep especially if you have to handle machinery or drive a forklift.

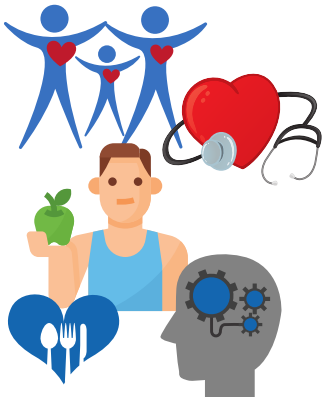
According to the CDC, 40% of people between the ages of 18-54 received less than 7 hours of sleep! That's quite a lot of people not working at 100% capacity. The altered mental state would leave one to believe that zombies comprise the majority of our workforce! Maybe we should be happy we are not eating our colleagues. HA! We often push aside sleep for other priorities thinking it's not as important or we can catch up. There always seems to be something in our modern world keeping us from sleeping. However, the fact is that a proper amount of sleep is critical to re-build and heal to keep our bodies functioning at full speed.

Without adequate sleep, we leave ourselves, and others, open to possible injury, doubling our reaction times.



A deficit of sleep for 24 hours is equal to a blood alcohol level of .10

SLEEP BENEFITS



Decreases chronic health conditions

Strengthens immune systems

Encourages regular and healthy eating habits

Increases memory function

CAFFEINE

Caffeine can be confused for a lifeline. Coffee, soda, and energy drinks are overconsumed when plain water is usually the solution! In addition, studies have shown that regularly drinking caffeine after 3pm *leads to losing 2 hours of sleep each night*.

That's 14 hours a week and 56 hours a month of LOST sleep.

TECHNOLOGY

Phones, TV, tablets. The infamous blue light surrounds us. Our bodies react to the light in these devices differently. Specifically, it interferes with the production of melatonin, the sleep hormone. Try to limit the use of these devices 1-2 hours before you fall asleep. If you just can't help it, at minimum, use a night filter on your devices that takes out blue light.

ALCOHOL

Have you ever woken up feeling refreshed after a night of drinking?

Probably not. Alcohol is a depressant, so allows us to fall asleep quickly, BUT affects our REM during sleep. Without proper REM, we wake up feeling groggy even though we didn't have any issues falling asleep. Help your sleep habits by avoiding alcohol altogether.

PSYCHOLOGICAL FACTORS

POSITIVE THINKING

While an injury happens because our tissues are pushed beyond their physiological limits, this can be amplified with stress on the body in the form of "psychosocial stress". Examples you may not even realize that contribute to this include:

- A high job demand
- A low level of job control
- Monotony in the job duties themselves
- A poor satisfaction for the job
- Lack of support from co-workers or leadership a perceived elevated work pace

While it is not the same for every one of us, the degree to which life stressors contribute to strain and poor health, particularly if the stressors persist over time, depends upon how we perceive and then respond to the stressful situation.

Our thoughts dictate our actions. Positive thinking can set you up not only for success at work, but also success with our health and wellness. The link between positive thinking and health has been well researched. Those that have a positive outlook on recovery and return post injury tend to do so.

NEGATIVE TALK

It has never been done before
I don't have time to work out
My boss doesn't communicate with me

POSITIVE TALK

It's an opportunity to learn something new
I can try to find 15 minutes to get some exercise in
I'll see if I can communicate better with my boss

A POSITIVE SPIN

Positive thinking has been demonstrated to increase cardiovascular health, reduce stress, greater our resistance to the common cold, and the list goes on and on! While it may be unreasonable to be positive in EVERY circumstance, YOU hold the power to choose how YOU feel about a situation.

LAUGH A LITTLE!

"Nothing ruins a Friday more than finding out that today is Tuesday!"

Humor & comedy help to reduce stress and increase positive thoughts. **ITS OK TO SMILE!** Especially in difficult times.

SPREAD POSITIVITY

Positivity is contagious! Make sure to keep the people around you infected with your good spirits. Our external environments have an impact on our feelings so why not choose to be around people with positive vibes!

ENVIRONMENTAL FACTORS

ALERT & SAFE ON THE JOB

"The true test of a man's character is what he does when no one is watching." *-John Wooden*

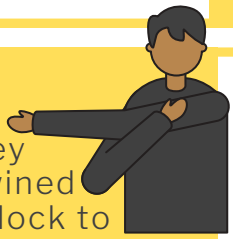
Let's apply this to safety. *Would you complete a task in the safest way possible if no one was looking?* Oddly enough, the majority of workplace injuries occur in low risk areas. Why is this, you may ask? Areas of high risk involve high levels of concentration, not only in regards to the task being completed, but the safety of the individual as well. When we get caught up in the simplicity of a task, we often forget to complete the task in the safest manner.

DISTRACTIONS AT WORK

For example, we know the consequences are great when using cellphones on the road, but do you follow the same precautions at work? Distracted working certainly presents a risk for yourself as well as your co-workers. *Okay so I put my phone away, anything else to keep me safe while working?* Yes! It is easy for all of us to get caught up in a task and forget to step away. We get into a rhythm and want to continue that rhythm. Like Newton's law, an object in motion, stays in motion! However, we don't realize we are sacrificing our bodies to do so. This is especially true in the industrial workforce.

- Cell phones lead to 1.6 million automobile accidents per year.
- Texting and Driving is 6x more likely to cause an accident than driving. under the influence.
- 25% of all motor vehicle accidents are caused by texting and driving.
- 1700 people are treated in emergency rooms each year due to injuries from *walking* and using a cell phone.

MICROBREAKS AT WORK



Microbreaks are important because they change up our alignment so the intertwined braid of muscles, nerves, and bones unlock to breathe. Your muscles must also spend time relaxing so they don't fatigue and inflame. Remember, the more frequently you can fit in microbreaks, the better off you will be! The problem... where to find the time! Use these tips to fit in an extra couple of breaks during your day!

- Take a **10-20 second** break every **3-5 mins** & do 1 or 2 range-opposing stretches or motions.
- Take a **2-5 min** break every **15-30 mins** of work
- Perform eye health practices such as the **20/20/20** rule every 20 mins take 20 seconds to look 20 feet away.

Remember, slow and steady wins the race. Prolonged production with good, controllable body mechanics is scientifically proven to create higher productivity rates as well as keep employees safe.