



# PREVENTION STARTS WITH PREPARED

BY MICHAEL MARSH, MS, ATC

Last week, we introduced the idea that *Prevention Favors the PREPARED*. Yes, it's a fun play on words. We can prepare ourselves in advance from injury, but with Work Right, it's also a catchy acronym. The PREPARED acronym is a practical guide, helping industrial athletes approach each day with focus, safety, and success. But what does each letter stand for, and how does it shape the way we work? Let's break it down, one letter at a time.



## P PRE-SHIFT WARM UPS

The PREPARED process begins the moment we walk through the door and get ready to start our shifts. This first and possibly most important step is **Pre-shift Warm Ups**. These movements are integral to starting the day by getting blood flowing and muscles ready for the tasks ahead. A proper warm-up helps set the tone for a productive and safe day.

## R REVIEW YOUR HAZARDS

Next, we remind team members to **Review Your Hazards**. Being aware of their surroundings and identifying potential dangers helps protect not just themselves, but everyone on the team. By reviewing potential hazards in their environment, team members can anticipate and address risks before they become issues. It's all about staying a step ahead.

## E EVALUATE YOUR EQUIPMENT FOR THE JOB

On a similar note, it's essential to **Evaluate Your Equipment for the Job**. Taking a few moments to inspect tools and machinery ensures they're in good condition, preventing potential accidents.

## P PROPER LIFTING POSTURE

The next four letters of the acronym work closely together, forming the foundation for moving effectively and efficiently. Starting with **Proper Lifting Posture**, focus on maintaining a wide, steady base with feet shoulder-width apart. Keep the back flat, chest up, and engage the core and

glutes to support the spine. These elements work in harmony to ensure every lift is both safe and efficient.

## A ALIGN YOUR SHOULDERS, HIPS, AND TOES

**Align Your Shoulders, Hips, and Toes** reinforces safe movement patterns. By pivoting our entire body instead of twisting or rotating, we reduce strain and improve efficiency, making every task easier on our bodies.


## R REMAIN IN THE GREEN ZONE

**Remain in the Green Zone** focuses on working within the power zone—the area between our shoulders and hips and about 12 inches in front of the body. Staying in this zone optimizes strength while protecting the spine and shoulders.

## E ELBOWS IN AND THUMBS UP WHEN REACHING

**Elbows In & Thumbs Up** is all about maintaining the strongest and safest position for our arms and shoulders. This alignment reduces fatigue and gives us better control and strength during tasks.

## D DEBRIEF AND RECUPERATE

**Debrief & Recuperate** is the final, but equally important, step in the process. It's a reminder to prioritize self-care at the end of the day. Simple actions like staying hydrated, eating nourishing foods, stretching to release tension, or reflecting on the day's successes help our body and mind recover, ensuring we're ready for the next day's challenges. 

**Michael Marsh, MS, ATC** || With a Master's in Athletic Training from Shenandoah University and a Bachelor's in Exercise Physiology from West Virginia University, Michael brings 9 years of athletic training expertise, including the last year with Work Right. Passionate about outdoor adventures, sports, and family time, he's dedicated to helping industrial athletes stay strong and injury-free.

**Work Right** 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.

