



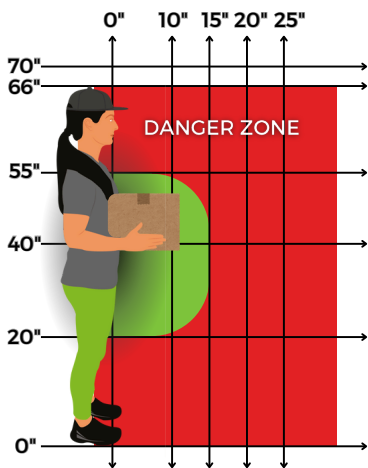
IN THE ZONE

BY PEYTON MAYBERRY, LAT, ATC

Picture this. You're in a rush. Maybe you want to get one task done right before lunch, or you're just ready for a break and this is the last thing on your list. The task involves moving a box a short distance, which is normally a very easy job. You go to reach for the box but, since you're moving quickly, you grab it haphazardly. Rather than getting the job done quicker, you've pulled a muscle and have to visit those guys in the green shirts because your back, shoulder, or neck are killing you. While the Green Team is always more than happy to help you with your aches and pains, staying in the Green Zone sets you up for a healthier, injury-reduced life!

THE GREEN ZONE

You might be wondering, "What is this 'Green Zone' and how does it apply to me?" The Green Zone is the area where your body maintains the strongest position for lifting and working effortlessly. Other descriptors for the Green Zone include the Safe Zone or the Power Zone. The area encompasses the space from the shoulders to the hips and about a foot away from the body.



When you move away from this zone, your likelihood to injure yourself increases. Staying in this zone not only keeps you safe, but also can increase your efficiency and productivity. When we move away from the Green Zone, we are actually causing more work for our body.

Getting in the habit of taking the extra few seconds to make sure what you are doing is done as close as possible to the Green Zone actually increases your productivity, rather than slows you down.

DON'T RUSH. REEVALUATE.

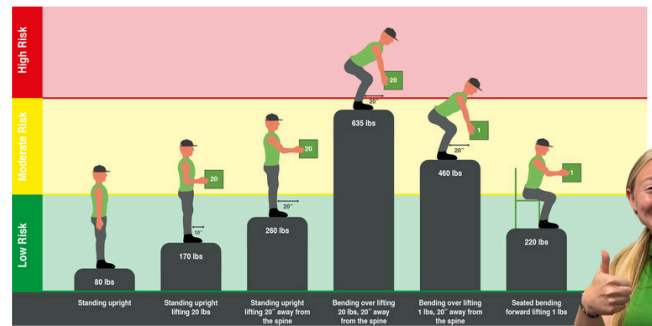
Now back to the earlier scenario, staying in the Green Zone could have stopped that injury from happening. When we get caught up in the job we often forget the correct posture. We get tunnel vision and would rather get the job done quickly, not safely.

According to Garco, "Rushing to get our jobs done can result in injury to ourselves and those around us. Statistics from one insurance company show that 92% of the time, accidents happen because workers aren't doing their tasks properly - and it's unlikely to perform tasks properly while rushing."

STAY IN THE ZONE

Keep this picture in mind when you are about to perform a task.

POUNDS OF COMPRESSION FORCE ON THE BACK



GREEN: Double thumbs up, good to go!

YELLOW: Proceed with caution

RED: Stop! This is an opportunity to reassess the job function. It might be a good idea to get a Green Teamer to check the job out!

There are many benefits of staying in the Green Zone, but the most important goal is to keep you healthy! The more we utilize this zone the easier our job becomes and the less energy we waste.

Peyton Mayberry, LAT, ATC || Peyton is a certified Athletic Trainer in Decatur, IL. She graduated from Millikin before transplanting to Tanzania for two months. Upon her return to the States, she began her first full time athletic training job with Work Right. In her free time she enjoys exercising, volunteering, reading, and traveling with her husband, Nic!

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.