

# BE YOUR BEST SELF!



**INDUSTRIAL  
ATHLETE**  
PROGRAM

TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

## REDUCE MUSCULOSKELETAL INJURY RISK



*Ergonomic injuries can occur almost anywhere in the body due to force, awkward postures and repetition. Being aware of these risks helps prevent musculoskeletal disorders (MSDs).*



– Frank Garcia, MSE, LAT, ATC, CEAS  
Industrial Injury Prevention Specialist



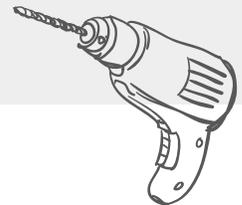
1

GENTLY STRETCH BEFORE STARTING WORK  
TO WARM UP MUSCLES AND JOINTS



2

IDENTIFY AND CONTROL ERGONOMIC FACTORS  
THAT INCREASE RISK FOR STRAINS AND SPRAINS



3

TAKE FREQUENT MICRO-BREAKS TO STRETCH  
OR SWITCH HANDS WHEN USING TOOLS

4

REPORT PHYSICAL DISCOMFORT AT ONSET  
TO RECEIVE IMMEDIATE CARE GUIDANCE



### Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

### Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.

WorkCare, Inc., is a U.S.-based, physician-directed occupational health company. *Be Your Best Self!* is our periodic wellness, injury prevention and management tip sheet. To learn more: 800.455.6155 • [info@workcare.com](mailto:info@workcare.com) • [www.workcare.com](http://www.workcare.com)