

BE YOUR BEST SELF!

TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

BENEFITS OF A NEUTRAL POSTURE



Prolonged periods of sitting on or off the job increase your risk for back and neck pain. A neutral posture helps prevent physical discomfort.



– Brittany Irwin MS, LAT, ATC, CEAS
Industrial Injury Prevention Specialist



1

ADJUST YOUR CHAIR WITH THIGHS PARALLEL TO THE FLOOR AND FEET FIRMLY PLANTED.



2

WHEN KEYBOARDING, KEEP WRISTS, HANDS AND NECK IN A NEUTRAL POSITION.



3

TAKE MICROBREAKS TO GENTLY STRETCH YOUR NECK, ARMS, WAIST AND LEGS.



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.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com

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.