

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

ERGONOMICS REQUIRES YOUR COOPERATION



Tyler



To reduce injury risk, develop an effective relationship between your work environment and your body. Ultimately, ergonomics means being aware of body mechanics for safety and efficiency.



– Tyler Healy ATC, CEAS, EMT
Industrial Injury Prevention Specialist



1

RECRUIT LARGE MUSCLE GROUPS FOR PHYSICALLY DEMANDING JOBS. DON'T RELY ON SMALLER MUSCLE GROUPS BECAUSE IT SEEMS QUICKER OR EASIER TO LIFT OR TRANSFER OBJECTS.



2

PROPERLY INSTALL AND CONSISTENTLY USE RECOMMENDED ERGONOMIC TOOLS AND EQUIPMENT, UNDERSTANDING THAT THEY DO NOT INHERENTLY PREVENT INJURY.



3

FREQUENTLY RE-EVALUATE YOUR WORK ENVIRONMENT AND BEHAVIOR. OTHERWISE, YOU MAY REVERT TO IMPROPER BODY MECHANICS WHEN WORK PRACTICES CHANGE OR TASKS BECOME REPETITIOUS.



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 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