

BE YOUR BEST SELF!



**INDUSTRIAL
ATHLETE**
PROGRAM

TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

HOW TO CORRECTLY APPLY ICE



Liz



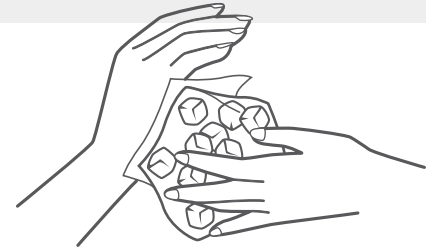
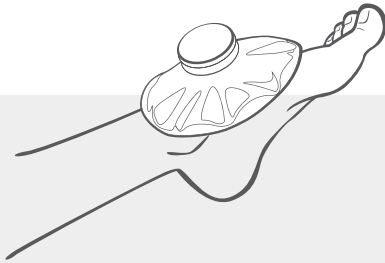
For swelling or joint inflammation, apply ice to reduce blood circulation during the 24-48 hour period after onset. Use crushed or cubed ice in a plastic bag, a bag of frozen veggies or a gel pack.



– Liz Callahan, MS, LAT, ATC, CEAS
Industrial Injury Prevention Specialist

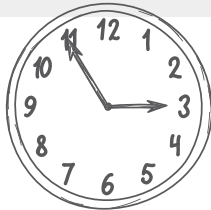
1

PLACE A THIN CLOTH OR PAPER TOWEL BETWEEN THE ICE AND YOUR SKIN.



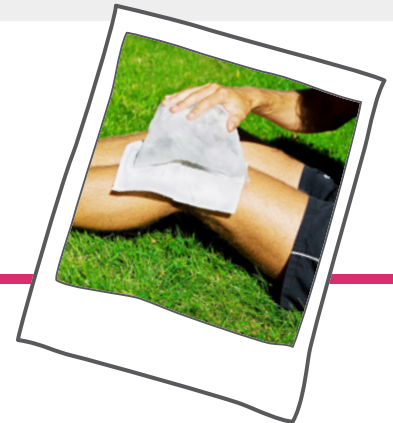
2

ELEVATE THE INJURED PART AND APPLY ICE FOR 15-20 MINUTES AT A TIME.



3

REPEAT EVERY 2-3 HOURS; TAKE A 30-40 MINUTE BREAK BETWEEN APPLICATIONS.



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.