

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

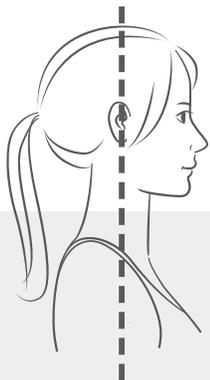
PROTECT YOUR NECK



Arched, twisted and forward-head positions put stress on your neck and may cause fatigue, discomfort, headaches and, over time, musculoskeletal injuries. Avoiding awkward postures and stretching tight muscles helps reduce injury risk.



– Anya Taylor, MA, CPE, CEAS
Industrial Injury Prevention Specialist



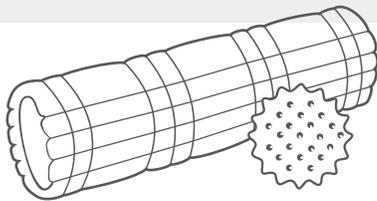
1

HOLD YOUR HEAD UP AND BACK, NOT DOWN, AND TAKE BREAKS TO DO OPPOSITE, COUNTER-BALANCE MOVEMENTS.



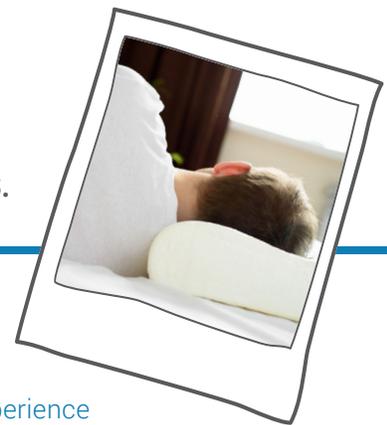
2

DO EXERCISES TO STRENGTHEN YOUR BACK AND CORE TO PROTECT YOUR NECK WHILE STANDING, SITTING AND MOVING.



3

TRY A CERVICAL PILLOW OR TOWEL ROLL TO SUPPORT YOUR NECK'S NATURAL CURVE WHILE SLEEPING; USE FOAM ROLLERS OR MASSAGE BALLS TO RELAX TIGHT MUSCLES.



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

© WorkCare, Inc. All Rights Reserved.

