

# BE YOUR BEST SELF!



**INDUSTRIAL  
ATHLETE**  
PROGRAM

TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

## REMEMBER TO COOL DOWN



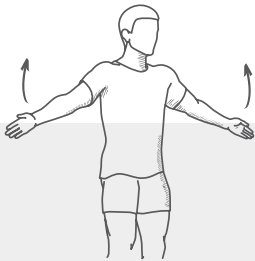
Katie



*It's important to cool down at the end of the workday because strenuous and repetitive job tasks build muscle tension and cause fatigue. Cooling down helps relax tight, stiff muscles, which are a significant injury risk factor day after day.*



– Katie Hermle, ATC, CEAS  
Industrial Injury Prevention Specialist



1

START YOUR DAILY COOL-DOWN ROUTINE WHILE YOUR MUSCLES ARE STILL WARM



2

STRETCH YOUR MUSCLES USING FULL RANGE OF MOTION TO PROMOTE FLEXIBILITY



3

ADD A FEW STATIC STRETCHES OR A SHORT WALK TO THE END OF YOUR WORKDAY



4

DON'T SKIP YOUR COOL-DOWN; OTHERWISE YOU WON'T SLEEP AS WELL



### 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)