

# BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

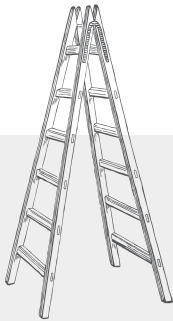
## AVOID OVERHEAD AND HORIZONTAL REACHING



*Working with your hands above shoulder height and repetitious horizontal reaching put pressure on your muscles and joints. It's important use the power zones between your neck and knees; that's where you have the most strength and stability to better control force and reduce injury risk.*



– Kathy J. Poulsen, MS  
Industrial Injury Prevention Specialist Supervisor



1

KEEP YOUR REACH WITHIN A FOREARM'S LENGTH AND ELBOWS AT YOUR SIDES; STAGGER YOUR STANCE



2

SAFELY USE A LADDER OR LIFT DEVICE TO ELEVATE YOURSELF TO THE JOB AND HAVE GOOD LIGHTING



3

TAKE MICRO-BREAKS WHEN DOING REPETITIVE TASKS INVOLVING OVERHEAD OR HORIZONTAL REACH



4

GENTLY STRETCH AND DO EXERCISES TO STRENGTHEN YOUR CORE, IMPROVE FLEXIBILITY AND STABILITY



### 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](mailto:info@workcare.com) • [www.workcare.com](http://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.