

# BE YOUR BEST SELF!



**INDUSTRIAL  
ATHLETE**  
PROGRAM

TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

## REPORT PHYSICAL DISCOMFORT FOR BETTER RESULTS



Tyler



*Nagging aches and pains can develop into full-blown injuries. Unlike a slow-cooker meal, discomfort often does not get better by ignoring it and giving it time.*

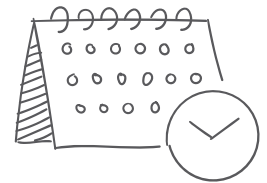


– Tyler Healy, ATC, CEAS, EMT  
Virtual Services Manager, Industrial Athlete Program



1

REPORT WORK-RELATED DISCOMFORT AT ONSET AND SEEK IMMEDIATE CARE GUIDANCE.



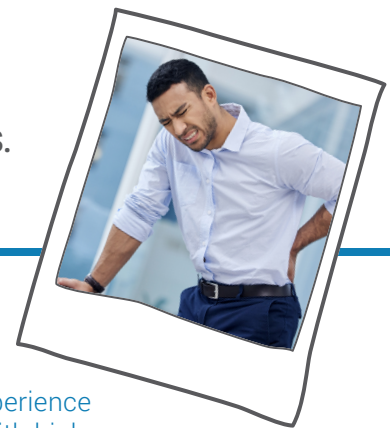
2

FOR MUSCULOSKELETAL COMPLAINTS, FOLLOW RECOVERY AND PREVENTION RECOMMENDATIONS.



3

BE CONSISTENT WITH SELF-CARE AND PARTICIPATE IN FLEX-AND-STRETCH ACTIVITIES.



### Did You Know?

WorkCare's Incident Intervention team of nurses and physicians provides 24/7 telehealth triage for work-related discomfort and virtual consultations with Industrial Injury Prevention Specialists in our Industrial Athlete Program.

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

