

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

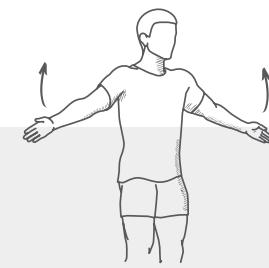
REMEMBER TO COOL DOWN



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 • www.workcare.com