

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

STAYING WARM WHEN IT'S COLD



A.J.



When it's cold outside, muscles, tendons and ligaments tighten, and you deplete energy by burning up to 30 percent more calories with physical activity than when it's warm. Keeping your body warm reduces injury risk and helps protect your health through the winter season.

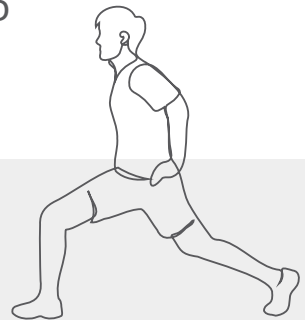


– A.J. Evans, LAT
WorkCare Industrial Injury Prevention Specialist



1

PREVENT HEAT LOSS. DRESS IN LAYERS, WEAR HATS, GLOVES, SOCKS AND BOOTS FOR COLD CONDITIONS, AND REPLACE WET CLOTHES WITH FRESH ONES.



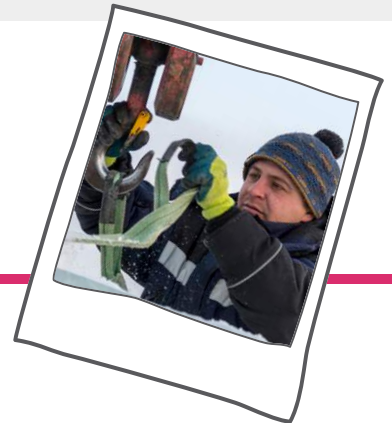
2

BEFORE WORK, WARM UP WITH LOW-IMPACT MOVEMENTS, SUCH AS MARCHING IN PLACE. GENTLY STRETCH THROUGHOUT THE DAY. WHEN SEDENTARY, TAKE MICROBREAKS TO MOVE AROUND.



3

CONSUME HEALTHY SNACKS AND NUTRITIOUS, HEATED FOODS AND NON-ALCOHOLIC BEVERAGES TO RESTORE ENERGY AND WARM YOURSELF UP.



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