

Industrial Athlete Crew Talks

In addition to a site tour or ergonomic evaluation, we would recommend you have us present a crew talk for a particular topic or theme. Finding someone knowledgeable with passion for the topic is key to engaging the workforce. We focus on communicating how the body is meant to be used along with practical strategies for avoiding the risk factors related to our work, posture and movement habits. Workers can make better decisions to protect themselves once they understand how to avoid the traps of being your own worst enemy. These traps involve how we treat our body at work and at play through poor fitness, inadequate warm-up and lack of attention to safe movement strategies in day-to-day practices.

Safety Meeting Topics:

1. General musculoskeletal injury awareness:
 - Risk Factors (Ergonomic Principles)
 - Early Signs and Symptoms (Discomfort Survey administration by request)
 - Movement Safety / Biomechanics
 - Warm-up and Stretching
2. Functional Spinal Stabilization (Back-On-Track)
 - Anatomy and biomechanics of the spine
 - Core stability principles
 - Functional work techniques
 - Proper lower extremity warm-up and hip flexibility
3. The Upper Extremity: Shoulder, Forearm, Wrist/Hand
 - Anatomy and biomechanics
 - Shoulder stability principles
 - Functional work techniques
 - Common disorders and proper management (Rotator Cuff Impingement, Carpal Tunnel, Tendinopathies)
4. The Knee, Foot and Ankle
 - Anatomy, biomechanics, alignment and muscle balance
 - Patellofemoral issues (pain under the knee cap)



ErgoRisk Management Group provides ergonomics tools, consulting and educational services to improve worker productivity and reduce the risk of musculoskeletal injury (MSI) development.