

Wellness Roadmap

Lift Properly

When lifting, bend at your knees and use your legs to avoid injury.

Regular Health Check-ups

Schedule annual visits with your healthcare provider and keep up with recommended health screenings.

Stay Physically Active

Regular exercise helps maintain strength and posture. Aim for 20-30 min each day. Check with your healthcare provider for safe exercise routines.

MAINTAIN GOOD HABITS

STEADY DURING YOUR SHIFT

Mental Preparedness and Positive Mindset

Take a moment to mentally prepare. Keeping a positive attitude can make a big difference.

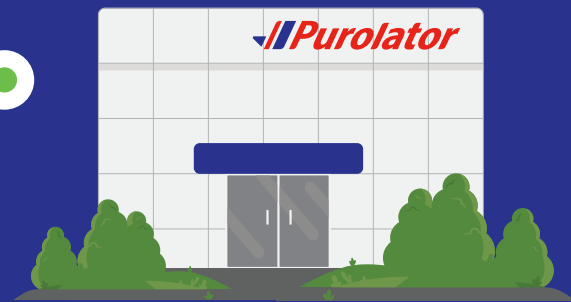
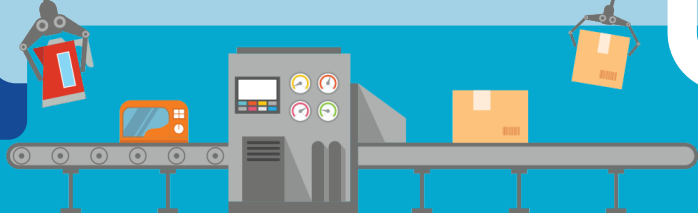
Ergonomics and Visibility

Ensure your workspace fits you. Keep your reach comfortable. For clear visibility, adjust screen brightness or clean your windshield, if driving.

READY PREPARE FOR YOUR SHIFT

Pre-Shift Stretch/Warm Up

Light stretching before work can boost blood flow and prepare your muscles for your shift.



To find additional health and wellbeing resources, scan the QR code:

