

Be Safe



ELEVATE SAFE

SAFETY ALERT-BATTLING FATIGUE

We are into the final 2 months of the season - you're tired, working long hours, and playing hard on your days off. Don't fall victim to physical or mental fatigue! Remember that an injury now could have a big impact on your summer plans.

Here are some things to consider - they are NOT intended to be exhaustive, but will hopefully generate thought on how to keep yourself safe through the rest of the season. What is your plan - both at work and on your own time - to finish the season strong?

STOP

Back to work for the day? Make sure you're ready to go! Most back injuries occur within an hour of waking up, and doing anything with cold muscles increases the risk of injury. Take a few minutes to do some form of active warm-up - the increased blood flow to the brain also helps you get ready mentally!

THINK

Do a quick self-assessment on your body. Any muscle soreness? How are your ankles, knees, hips, back, neck, shoulders, elbow, wrists? How can you stay aware through the tasks of the day to make sure you're ergonomically correct and using good body alignment, whether skiing, shoveling snow, or sitting at a ticket window?

OPTIONS

How will you stay healthy for the rest of the season? If you're a hard charger on your days off, think about taking it easy for a day or two to recover. Consider going to Safe Fit for an evaluation - in addition to addressing current issues, they may identify an imbalance that is easily corrected but could cause problems later. Stay engaged mentally in your tasks - it's tough when you're tired, so it's easy to slip into bad habits.

POWER

If you're not feeling up to a task - physically or mentally - let your supervisor know. Nobody wants to put you in a position with added risk, so have those conversations! And be on the lookout for team members who are struggling, too. Take responsibility for yourself and your teammates' well-being!