



MADE SAFE NL

Workplace Athletes

Every day, in the course of your work, you need your body to perform at a very high level to meet the physical demands of your work tasks, much like that of a professional athlete. Here is a list of what *workplace athletes* should consider for peak, injury-free performance:

Show up fit for work. Every athlete shows up to their game ready and willing to perform, every time. This includes being well rested, properly hydrated, having well-balanced meals, mind in game mode, etc.

Have a coach. Athletes have a coach or mentor who guides and instructs them on how to be successful and the best athlete that they can be. Workplace athletes should look to their supervisors and managers for that guidance, leadership, development and support.

They take care of their bodies:

- **Stretch and warm up before each shift.** An athlete never attempts their sport without first warming up their body. Same for the physical demands of our work.
- **Proper diet.** Food fuels the body and what we put in it, we get out of it. Athletes eat well and employees need to do the same – not necessarily a strict diet but there should be balance.
- **Get enough sleep.** Our bodies recover while we're resting, especially while we're in a deep sleep. Every athlete knows that they perform better when they follow a proper sleep schedule; employees should make a sleep a priority as well.
- **Hydrate!** Every athlete knows the importance of hydration and the side effects of not drinking enough – headaches, increased hunger, muscle cramps. This is no different for employees! Make hydration a habit throughout your workday.
- **Athletes are constantly training.** They are always at practice, working on their skills, perfecting their technique, watching replays, and always trying to better themselves. Employees should too. Practice proper body mechanics, learn from best practices, participate in education and training - always take any opportunity to learn and improve skill sets.
- **If an athlete gets injured,** they take the time to recover and follow the orders of their doctors. It is so important employees do the same. Follow doctor's orders and participate in return to work processes so one can heal, be well and get back to normal daily routines.

In the end, athletes and employees may be different; but the same approach that athletes take to work performance, employees should as well.

Source: Adapted from <https://www.systems24-7.com/single-post/2019/03/11/Are-Your-Employees-Workplace-Athletes>