

The Industrial Athlete

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Objectives

- Participants will have an understanding of the differences between a pure athlete and a typical industrial worker
- Participants will have knowledge of resources to reconcile the differences in their workplace between the two to get to the industrial athlete

The Athlete

- Is focused on her event



The Athlete

- Agility
- Flexibility



The Athlete

- Uses all the right protective gear
- Uses all available equipment at the right time



The Athlete

- Looks to the finish line



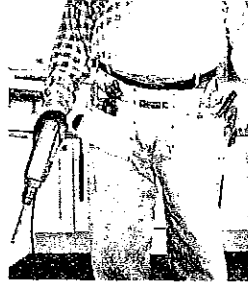
The Worker

- Occasional struggle between "the Suits" and the workers
- Balance productivity with safety and best ergonomic practices

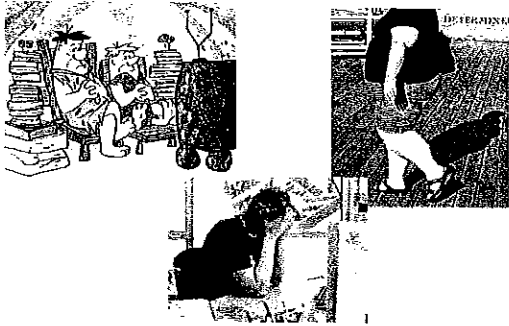


The Industrial Worker

- Changes in size, shape and maturity, change how the body moves and functions



The Industrial Worker

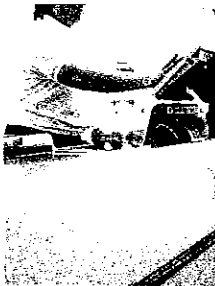


The Industrial Worker

- May see their work as "just a job"
- A means to get a pay check



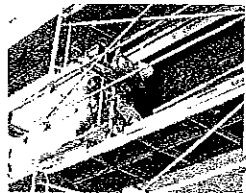
The Industrial Worker



- Work within their constraints
- "It's part of the job."
- "There's nothing I can do about it."

The Industrial Worker

- Even with the right equipment will do things because "have to do it" and "there is no other way".



The Industrial Worker

- May not always recognize the hazards



The Industrial Worker

- The aging workforce
- May have a history of injuries



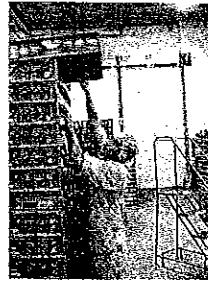
The Industrial Worker

- Repetitive tasks
- Repetitive positions
- Limited options to modify conditions from ergonomic perspective



The Industrial Worker

- May not always make the best choices
- Even with options will choose the quickest way to do things



The Industrial Worker

- Static postures
- Limited options to rearrange work station
- Doesn't always think to change things or get up and move around



The Industrial Worker

- Gets used to the routine
- Doesn't question the norm



The Worker

- Performs the skills of his event every day
- Does little preparation for his event
- Performance of the essential functions builds strength and endurance

The Worker

- If he exercises, it is usually for recreation and cardiovascular health
 - Rarely, is his exercise job specific
- Generally doesn't prepare his body for the physical demands of his job
- Works for many years and may have multiple jobs or careers in that time

How do we reconcile the gap between the athlete and the worker to get to the "industrial athlete"?

Job Analysis

- Identification of essential functions and marginal functions
- Objective measurements of the activities included in the essential functions
 - Load handling: loads, force equivalents, ranges of height, distances
- Classification of the job into a workload category
 - Very heavy, heavy, medium, light, sedentary

Job Analysis



Accurate Job Descriptions

- Identifies the essential and marginal functions of the job in subjective or objective terms
- Identifies the workload demand category of the job, the skills and education required to complete the job, reporting relationships

On-going Programs

- Flex & Stretch
- Ergonomic Training
- Body Mechanics Training & Practice
- Wellness Programs

Thank You & Work Safely!

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