

# IMPLEMENTING AN

# INJURY PREVENTION

As an athletic trainer in an occupational setting, you play a significant role in the longevity of the company for which you work. By following the proper procedures when treating patients, you'll improve the livelihood of the employees around you.

## PLAN

### INJURY PREVENTION Implementation Steps

- **UNDERSTAND THE JOB YOU ARE OBSERVING.** Learning the physical requirements, tools used in the application of the job and limitations that may be in place when performing the job, such as time restriction and sequencing, will aid you in crafting the proper procedure.
- **GET BUY-IN FROM STAKEHOLDERS.** Earning the trust of the union, workers and managers will make the presentation of a new procedure much easier. This can be achieved by earning certifications and simply listening to the requests of all parties involved.
- **CHOOSE THE BEST PLAN OF ACTION.** When you look at everyone's schedule and you've studied the jobs being completed, what should easy injury prevention look like? Is it a crew warm-up or a one-on-one office visit? Should everything occur on the floor during work hours or before a shift begins?
- **PATIENCE IS KEY.** For many, the presence of a medical professional on the job is foreign and they may not understand the purpose of undergoing injury prevention procedures. Eventually, a routine will be formed and everyone will be on board. It's important to be persistent and not to get discouraged.
- **KNOW YOUR STUFF.** If anyone was to ask you about the injury rates for certain jobs and average days of work lost due to specific injuries, you should know the answers. If not, this will further prove to many that your role is unnecessary. By staying abreast of developing OSHA regulations and new statistics, you further position yourself as an expert and prove that your role is important.

### Benefits of Injury Prevention Plans

Companies that implement an injury prevention plan see increased productivity, improved health and reduced costs due to medical care.



Source: National Athletic Trainers' Association

Infographic provided by the National Athletic Trainers' Association