



JOB READY SERVICES

YOUR STAMP OF APPROVAL FOR WORKPLACE FITNESS

April 2013 Issue



Our Services:

- Functional Capacity Evaluations
- Work Conditioning
- Job Analyses
- Fit for Duty Testing
- Employment Testing

STRETCHING AT WORK

Show of hands, how many of you stretched at work today?...that's what I thought. Very few, if any of you stretched at work today. So what? Why is that important? Individuals from clerical work to construction work can benefit from stretching at work.

There are five components of fitness: cardiovascular performance, muscular strength, muscular endurance, body composition, and (you guessed it) flexibility. Improving flexibility through stretching is an important preparatory activity that is advocated in improving physical and functional performance. Maintaining good flexibility also aids in the prevention of injuries to the musculoskeletal system.

Several laboratory studies have identified that stretching results in less stiff, more compliant tissue. These changes increase the distance the tissue can stretch as well as the force required to tear the muscle tendon unit, making injury less likely. Increasing flexibility by stretching causes elongation of the muscle tendon unit to a more physiologically normal range, enhancing optimal function and reducing the risk of musculoskeletal injury.

Stretching enhances the temperature to the muscles, thus increasing metabolic reactions within the muscles, increasing oxygen to the muscles, increasing muscle blood flow, and increasing the speed of nerve impulses. A few minutes of stretching every day at work can help relieve stress, relax tense muscles, reduce risk of injury, and re-energize your day.

So a show of hands, how many of you are going to stretch at work tomorrow?...that's better! Below are some safe stretching tips to remember to incorporate in your stretching routine.

SAFE STRETCHING TIPS:

- Stretch Slowly
- Remember to breathe. **DO NOT HOLD YOUR BREATH**
- You should feel a gentle stretch in the target muscles; sharp pain is sign of overstretching
- Hold each stretch for at least 20-25 seconds, or until you feel the muscle relax

- Repeat each stretch 2-3 times
- Avoid ballistic (bouncy or jerky) movements during stretching. Allow the muscles to gently lengthen while you hold the stretch.
- Relax your mind/body – enjoy the sensation
- Maintain good posture while stretching

-Written by Caleb Ballard, MOT, OTR/L, CEAS I, a Functional Evaluator at Job Ready Services. References available upon request.

APRIL LUNCH & LEARN

Wednesday, April 24, 2013

Topic: E-mods and the New Rating Rules - How to Reduce Worker's Comp Premiums

With the new NCCI and the North Carolina Rating Bureau E-Mod changes effective 4/1/13 in North Carolina, smaller claims are now more expensive than ever. The rules have changed dramatically on how each employer is charged for their Workers Compensation claims. Large deductible or self-insured employers will also feel the effects of these changes.

A brief overview of the new changes will be covered along with post -accident Risk Management techniques. The methods for lessening the effect of these changes will be covered along with other services such as rehabilitation nurses' involvement, employer guidelines, and work conditioning/industrial rehab services.



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We're on LinkedIn,
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Time: 12:00pm - 1:00pm at the Job Ready office

Cost: \$10.00

Speaker: James Moore, J&L Risk Management Consultants, Inc.

To Register: <http://www.jobreadyservices.net/index.php/education/lunch-and-learns-seminars/>

NEW EMPLOYERS TESTING WITH JOB READY

Hard Rock Concrete Cutting
Barnhill Construction
Captive Aire
Waste Industries
(Want to see your company's name here? Call us today! 919-256-1400)

SEVEN YEARS IN THE MAKING

This month marks the seventh anniversary of Job Ready Services. Ninety percent of small businesses fail after the first five years, but we're still going strong. We've seen plenty of change in the past seven years, but we still strive to bring you the same great quality of service you've come to expect from us. Congratulations to Debra and Michelle on the success of their shared vision and hard work!