

Managing Muscle Soreness

Tips for success:

- ✓ **Warm up** your muscles including stretching or a brisk walk before and after work. Focus on similar moves that are used in your job but at a lower intensity.
- ✓ **Pace** yourself at work – be productive while allowing yourself to ease into the job
- ✓ **Drink water** to improve circulation to your muscles throughout the day
- ✓ At home you can **ice** the sore area to decrease any inflammation
- ✓ Adequate **rest** and sleep will help to recharge your muscles
- ✓ Ensure **proper lifting** techniques are used to decrease any strain on your back, legs and arms. Proper posture when working will ensure that you don't get injured.

