



# THE OCCUPATIONAL ATHLETE

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# NAME YOUR FAVORITE ATHLETE





# HAVE YOU EVER CONSIDERED YOURSELF AND YOUR COLLEAGUES AS ATHLETES?





# AGENDA

- What defines an Occupational Athlete
- Cultivating the Ideal Occupational Athlete
- Strategies to Support Your Occupational Athlete







# DEFINING THE OCCUPATIONAL ATHLETES?



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## THE SPORTS ATHLETE

- Sports teams practice 2-4 hours per day
- Most games last 2-4 hours
- Athletes practice 4-5 times per week
- Most sports have 1-2 games per week
- Basketball has one of the longest sports seasons (up to 8 months)
- Athletes warm up, stretch, strengthen, train for good form, and practice self-care to prevent injuries



## THE OCCUPATIONAL ATHLETE

- May work 8-12 hours per day
- May work 5-6 days per week, occasionally even 7!
- The majority work all 12 months a year at their job
- How does your company care for its athletes?



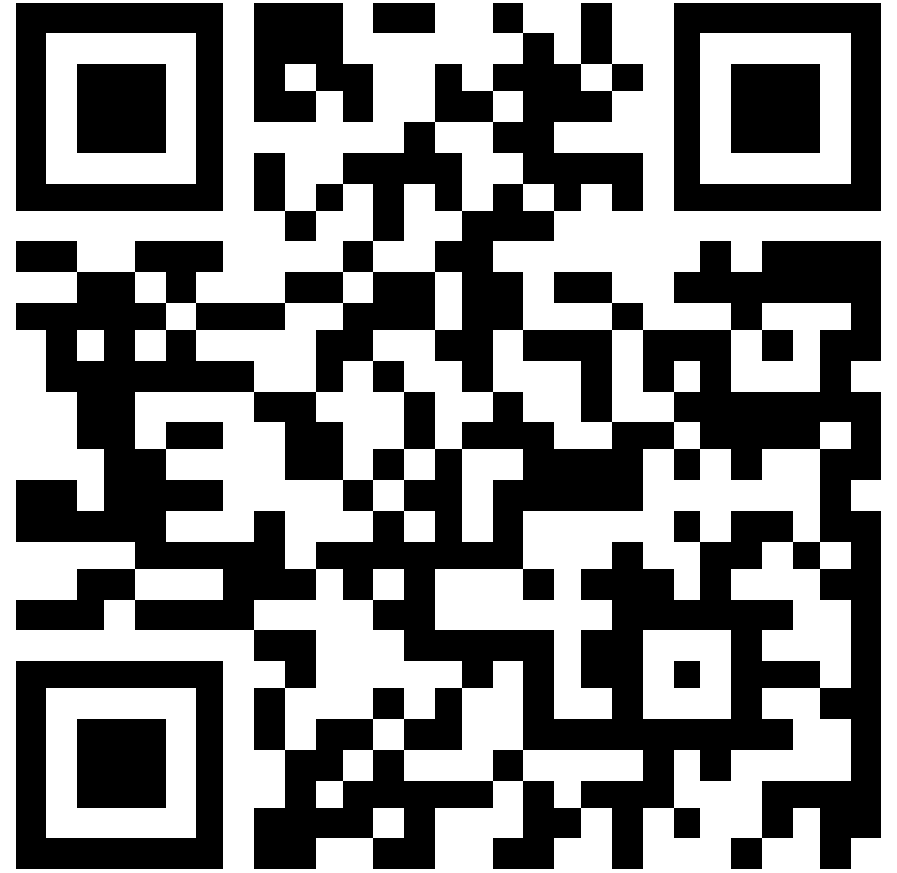
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# HOW DOES YOUR COMPANY CARE FOR ITS ATHLETES?





# WHY ARE OCCUPATIONAL ATHLETES IMPORTANT?

- The 'Occupational Athlete' concept ensures that you are optimizing all aspects of your lifestyle. It enables the employee to:
  - Perform to their fullest potential
  - Enable long-term success
  - Effectively recover from stressful situations





# DEMANDS OF THE OCCUPATIONAL ATHLETE

## PHYSICAL

- Strength
- Endurance
- Dexterity
- Mobility

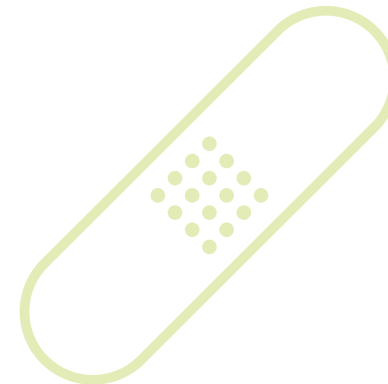
## MENTAL

- Pressure to perform
- Dealing with injuries and setbacks
- Maintaining motivation and drive



# INJURY PREVENTION

- Occupational athletes, just like traditional athletes, face physical demands and potential risks in their work environments.
- Common corporate athlete injuries:
  - Repetitive work with no breaks
  - Improper lifting techniques
  - Overexertion and muscle strains
  - Mental strain





**DO YOU HAVE  
INJURY PREVENTION  
STRATEGIES IN  
PLACE?**





# STRATEGIES FOR INJURY PREVENTION

- Proper training programs and techniques
- Ergonomics adjustments
- Using safety equipment
- Implementing regular health and safety inspections
- Health and wellness programs





# PROPER TRAINING PROGRAMS AND TECHNIQUES

- Job-specific training
- Safe work practices
  - Safety protocols
  - Hazard identification and risk assessment
- Continuous improvement



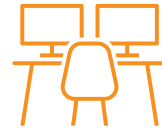




# ERGONOMIC ADJUSTMENTS

- The goal of ergonomics is to fit workplace conditions and job demands to the capabilities of the individual worker, instead of making the worker fit the job.
- To prevent injuries, ergonomic risk factors must be identified:
  - Awkward postures
  - Repetitive motions
  - Excessive force
  - Prolonged sitting or standing

# ERGONOMICS ADJUSTMENT TIPS



MANUFACTURING	OFFICE	CONSTRUCTION
<ul style="list-style-type: none"><li>— Anti-fatigue mats</li><li>— Adjustable chairs, workbenches, and tool heights</li><li>— Material handling equipment</li><li>— Routine training and stretching exercises</li></ul>	<ul style="list-style-type: none"><li>— Proper, adjustable desk and chair set-ups</li><li>— Monitor placement</li><li>— Keyboard and mouse ergonomics</li><li>— Regular stretching, breaks, and movement</li></ul>	<ul style="list-style-type: none"><li>— Adjustable workstations</li><li>— Handles that reduce hand and wrist fatigue</li><li>— Use of mechanical lifting aids</li><li>— Task rotation and breaks</li></ul>

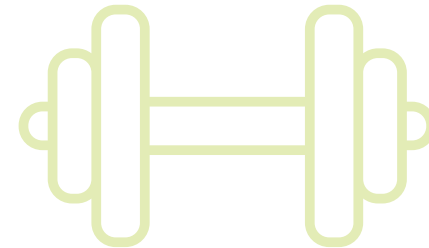




# IMPORTANCE OF PHYSICAL FITNESS



- Your physical health and wellness directly affects their ability to perform their job effectively & safely - and, just like in professional sports, an unhealthy employee weakens and strains your entire team.
- By engaging in regular physical fitness routines, you can expect:
  - Better overall well-being
  - Improved productivity
  - Enhanced resilience
  - Positive work environment
  - Reduced absenteeism





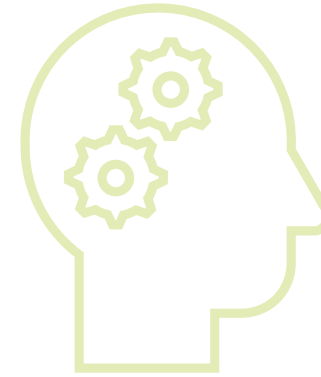
# STRETCH AND FLEX

## MOVEMENT BREAK





# IMPORTANCE OF MENTAL HEALTH



## COMMON MENTAL HEALTH ISSUES IN "ATHLETES":

- Burnout
- Depression
- Anxiety
- Eating Disorders

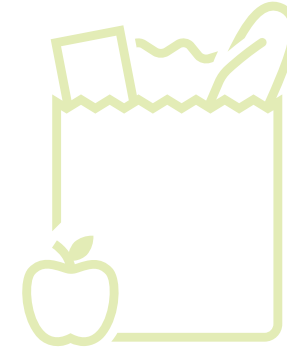
## WHEN MANAGED HEALTHFULLY YOUR "ATHLETE" CAN EXPECT

- Improved performance
- Reduced risk of injuries
- Improved coping skills
- Better work-life balance
- Improved relationships





# IMPORTANCE OF NUTRITION



## PHYSICAL SIGNS WHEN YOU HAVE POOR NUTRITION

- Lack of interest in food and drink
- Feeling tired all the time
- Feeling weaker
- Getting ill often and taking a long time to recover
- Wounds taking a long time to heal
- Poor concentration

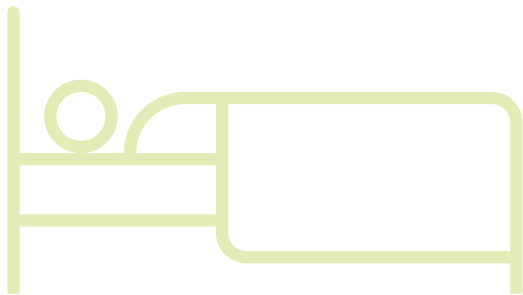


# IMPORTANCE OF SLEEP AND RECOVERY



## Recovery Serves Performance

**With the right recovery and a lot of mental toughness,  
“Athletes” can return better, faster, and stronger**





# HOW PRIORITIZING INJURY PREVENTION CAN IMPACT THE OCCUPATIONAL ATHLETE



Injury prevention strategies are important for every dimension of wellness:

- Physical
- Emotional
- Occupational
- Financial
- Social
- Spiritual
- Environmental



# KAPNICK STRIVE & RISK SOLUTIONS

Health  
Screening

Wellness  
Webinar &  
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Wellness  
Challenges

Health  
Education  
Resources

Health  
Coaching



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Employee  
Safety  
Program

Safety &  
Security  
Assessments

Job Safety  
Analysis

Safety  
Committee  
Meetings

Ergonomic  
Assessments



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# SUMMARY

- By knowing and understanding the occupational athlete, we can support the athlete by implementing comprehensive injury prevention strategies, creating safer work environments, further protecting our athletes.
- When people feel strong and resilient—physically, mentally, emotionally, and spiritually—they perform better, with more passion, for longer. They win, their families win, and the corporations that employ them win.







# THANK YOU!

