

# Using Pain Science to Improve Your OSHA Log

*Pain science is the understanding that pain is the brain's response to a perceived threat. For your employees, these threats come in two primary forms: the job, and the pain itself.*

**YOU CAN EASILY HELP BY PROVIDING THE RIGHT INFORMATION**

## Perceived Threat #1: "The Job"

- ➔ Physical jobs are exercise
- ➔ Exercise helps pain
- ➔ Sedentary jobs are harmful
- ➔ You can optimize through proper technique

## Perceived Threat #2: "The Pain"

- ➔ Some pain is very normal
- ➔ Pain often does not equal damage
- ➔ Less pain with proper lift and work technique
- ➔ Proper sleep **really** helps

Fit For Work provides onsite injury prevention that impacts leading indicators to injury: Early soreness, ergonomics, and behaviors and beliefs. We help you appropriately reframe pain experiences to reduce threats, improve your OSHA log, and save money.

Contact us today to take your first step into the future of injury prevention

GIVE US A CALL:

**877-348-4975**

Find out more at: [wellworkforce.com](http://wellworkforce.com)

