

# INJURY PREVENTION



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# Warming Up and Cooling Down


A proper warm up and cool down when exercising may help prevent injuries and improve performance:

## Warm Up

- A brief warm up prior to the actual exercise helps increase blood flow to the muscles and increase body temperature.
- Perform the movements of your targeted exercise, but at a lower intensity to start.
- *Example:* walk briskly for 10 minutes prior to running.

## Cool Down

- Cooling down after exercise helps gradually bring your heart rate and blood pressure down to your pre-exercise levels.
- After the targeted exercise, perform the same movement at a reduced intensity.
- *Example:* after running, walk briskly for an additional 10 minutes.

 **Tip:** Perform stretching to the targeted muscle groups either *after* warming up or the cool down when the muscles are warm.

Source: Mayo Clinic. Aerobic exercise: How to warm up and cool down  
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20045517>  
Accessed 05/01/2024.

Source: U.S. Department of Health and Human Services. "Physical Activity Guidelines for Americans", 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.  
[https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf)  
Accessed 05/01/2024.

# Food Safety

**Bacteria in food can increase when not stored or prepared properly and may cause illness:**

- Wash your hands often throughout the day, and it is especially important before cooking or eating.
- Store cooked food separate from raw food to prevent transfer of bacteria.
- Don't reuse marinade that's already been used on raw food.
- Cook chicken to a minimum of 165°F, and hamburgers 160°F.
- Store hot food at or above 140°F, and cold food at or below 40°F.

**Tip: When running water and soap are unavailable, hand sanitizer or antibacterial moist towelettes can be an effective alternative.**



# Sleep Tips

Achieving adequate sleep each day may help reduce the chance of workplace and motor vehicle injuries caused by fatigue:

- Try to go to bed at the same time. This helps the body recognize a set time to fall asleep so that sleep habits become more routine.
- Keep the room dark to increase the body's natural production of melatonin, a hormone that is responsible for creating a sleepy sensation.
- Turn off electronics that can produce melatonin-reducing blue light.
- Sleep in a cool room.
- Keep the bedroom quiet.
- Stay physically active each day.

The Centers for Disease Control and Prevention (CDC) recommends seven hours of sleep for those 18-60 years old, and 7-9 hours for those 61-64 years old.

Source: <https://www.healthline.com/What-Does-Melatonin-Do,-and-How-Does-It-Work?https://www.healthline.com/nutrition/melatonin-and-sleep>. Accessed 05/01/2024.

Source: <https://www.cdc.gov/sleep/about-sleep/how-much-sleep.html>. Accessed 05/01/2024.

Source: <https://www.healthline.com/What's-Blue-Light,-and-How-Does-It-Affect-Our-Eyes?https://www.healthline.com/health/what-is-blue-light>. Accessed 05/01/2024.

Photo Source: Canva