



## PLAYING VOLLEYBALL - RISK OF INJURY – WORK

Updated 6/4/15

D-H Volleyball Participants:

Please review the following information about using the Live Well/Work Well Volleyball Court at DHMC.

Volleyball at DHMC is a free time activity and not a condition of employment. Participation is not required for promotion, increased compensation, or continued employment.

Participants assume responsibility for injury resulting from participation. If you are injured while participating, you will not be eligible for workers' compensation.

Vigorous exercise involves minimal health risks for persons in good health or those following a doctor's advice. Far greater risks are presented by habitual inactivity and obesity.

If you have not been active recently, please review the guidelines below, from the US Department of Health and Human Services for guidance in starting an exercise program.

If you're under 35 and in good health, you do not need to see a doctor before beginning an exercise program. But if you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test.

Other conditions that indicate a need for medical clearance are:

- High blood pressure.
- Heart trouble.
- Family history of early stroke or heart attack deaths.
- Frequent dizzy spells.
- Extreme breathlessness after mild exertion.
- Arthritis or other bone problems.
- Severe muscular, ligament or tendon problems.
- Other known or suspected disease.

Please take this opportunity to increase your activity level with your DHMC colleagues. The Live Well/Work Well Volleyball Court is provided to encourage you to be active.

Contact Live Well/Work Well if you have any questions or concerns.

603-650-5900

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