MARKETING MATERIAL

We can provide a number of helpful resource material to help in reducing workplace injuries.

HEALTH PROMOTION TOOLKITS

QUICK REFERENCE CARDS

JOB SAFETY INTERACTION FORMS

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JOB SAFETY INTERACTION

DATE	SITE/LOCATION
3/9/2013	Jordan - FCS

INDIVIDUAL / GROUP INVOLVED

Mechanical

INTERACTION

- Observed and discussed optimal positioning whilst working at awkward heights or ground level

OUTCOME

- Advice on positioning including using a mat/chair, kneeling, squatting and positioning down at the level of works
- Appropriate stretches to avoid overload
- Group education on lower spine injury prevention and positioning during tasks that are at low and awkward heights

Verbal consent for photo given.

DATE	SITE/LOCATION
5/9/2013	Jordan - CPP

INDIVIDUAL / GROUP INVOLVED

Concreters

INTERACTION

- Discussed potential for lower spine injury due to bending for extended periods of time.

OUTCOME

- Advice on positioning - squatting, maintaining lumbar spine curves and bending knees whilst working on ground level
- Frequent breaks from position and utilizing lumbar spine resetting stretches discussed with all crew
- Group education on lower spine injury prevention and positioning during tasks that are at lower levels

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IN FIELD RISK ASSESSMENT SUMMARIES AND RECOMMENDATIONS FORMS

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ManTRA* – IN FIELD RISK ASSESSMENT SUMMARY & RECOMMENDATIONS

IDENTIFY TASK & LOCATION

Sliding bundles of cable– Ruby Jo CPP

ATTENDED BY

Electricians
Physiotherapist – Construct Health

CONCERN –Moderate – High risk of lower back injury

- Risk due to high load lift (25.2kg per meter)
- Risk increased when sliding from ground level and overloading the lumbar spine.
- Poor lifting technique increases risk factor
- This manual task exceeded the ManTRA "Exertion Risk and the Exertion + Awkwardness Threshold" for lower back risk of injury

INTERVENTION & RECOMMENDATIONS

- Consulted contractor to manufacture a number of assistive bars
- Maintain optimum technique (neutral back, brace spine, lift with the legs)
- Group education regarding appropriate manual task handling

HIERARCHY OF CONTROLS

Most effective control	ELIMINATION e.g. Discontinue use of product, equipment, cease work process
	SUBSTITUTION e.g. Replace with a similar item that does the same job but with lower hazard level
	ISOLATION e.g. Put a barrier between the person and the hazard
	ENGINEERING CONTROLS e.g. Change the process, equipment or tools to reduce risk
	ADMINISTRATION CONTROLS e.g. Guidelines, procedures, rosters, training etc. to minimise the risk
Least effective control	PERSONAL PROTECTIVE EQUIPMENT e.g. Equipment worn to provide a temporary barrier

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* ManTRA (Manual Task Risk Assessment Tool V 2.0 : Burgess-Limerick, Egeskov, Straker, and Pollock,2004.)

EXERCISE TRAINING MANUALS

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SWITCH ON

Team Leader Training Induction

SWITCH ON

SENSES – *Stimulates them*

WARM UP – *Gets the blood flowing*

IMPROVE MOOD

TENDONS AND MUSCLES – *Warm tissues more flexible*

COORDINATION IMPROVES

HEALTH – IS BETTER!

ABOUT US

Construct Health is a dynamic Australian company providing customised occupational health and injury solutions for business.

Construct Health employ a team of highly trained and experienced health care professionals both in onsite roles and in clinics servicing rural and regional towns.

Onsite Physio

Construct Health offer an onsite physiotherapy service, whereby services are provided at the workplace.

Benefits of onsite physiotherapy:

- Minimise time lost from work, as the injured worker is treated at the workplace and therefore need not travel to an off-site clinic
- Where an injured worker might otherwise need to take sick leave, attending the workplace for physiotherapy can keep the worker in the routine of coming to work.
- Observing the injured worker in the workplace helps with identification of contributing factors
- The physiotherapist can gain a thorough understanding of the workplace and work tasks – an important part of rehabilitation and future injury prevention
- Facilitates direct communication between the physiotherapist, the employer and the injured worker
- Ease of access to physotherapy encourages early reporting of symptoms which means developing injuries can be resolved before they become lost time injuries.

PRE START WARM UP FOR WORK SCHEME

Construct Health physiotherapists have been training workers to lead an innovative pre start warm up before commencement of work. The programme is continually evolving and has gone from being a simple stretching programme, to becoming a multi-faceted mind and body warm up. The warm up contains a combination of work specific movements, balance and coordination and activities that stimulate the brain.

A fit and healthy workforce is much less prone to injury and sickness, and is likely to be satisfied, motivated and productive at work.

This onsite programme has contributed to a dramatic fall in workplace injuries.

THE PROGRAMME

Congratulations in being selected to attend the Construct Health pre start team leader familiarisation

The objective of this session is not to make you a qualified health care professional or gym instructor, but to give you the skills and knowledge to allow you to lead a group of your workmates safely and effectively through a simple warm up for work.

As such, the course includes some:

Anatomy – This comes from the Greek word "anatemno" which means to cut open. It is the study of the body plan of animals. There won't be any cutting open on this course but some basic knowledge will help you understand what you are doing and why.

Physiology – Is the study of the functions and workings of human organs and cells.

This includes some:

- Muscular physiology
- Nerve physiology
- Cardio vascular physiology – heart, lungs and blood.

Cognitive function – This is a group of mental processes that includes attention, memory, reasoning and problem solving.

ANATOMY

The structures we are mainly concerned with are the skeleton as a whole, the joints between the bones, and the soft tissue structures that join them all together.

Joints

- This is the structure between two bones.
- There are a variety of different designs, again based on the functional requirement. Some allow movement, some don't.
- For example, hinge joints such as the elbow or the knee, ball and socket joints such as the hip and shoulder. These joints allow movement.
- Joints of the skull bones do not allow movement.
- Joints that move contain synovial fluid – this is effectively like the engine oil in your car – it is there to help lubricate the joint.

Ligaments

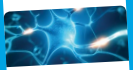
- Ligaments are the soft tissue structures that hold the bones together.
- They are strong fibrous bands.
- Well known ones include the anterior cruciate ligament – a popular football injury, or the lateral ankle ligament – the "sprained ankle".

The Skeleton

- This is the scaffolding. This is what provides a rigid support structure for our body, and provides a cage to protect delicate organs such as the brain or abdominal organs. The typical adult human body contains 206 bones.
- This number is actually prone to variation amongst different individuals.
- There are a variety of different shapes of bones for example long bones, flat bones, irregular bones.
- Long bones are found in the limbs – such as the thigh, shin and arm bones.
- Flat bones such as the shoulder blade.
- Pelvic and spinal bones are irregular shapes.

Muscles

- Muscles are the contractile tissues that make you move.
- They pull but cannot push – they pull bone ends together, but don't push them apart.
- They have a partner on the opposite side of the joint which does the opposing movement – the antagonist.
- Muscles contract in different ways.
- Shortening – for example the muscles in the front of your thigh contract and shortes when you are walking up stairs.
- Lengthening – for example the muscles in the front of your thigh contract and slowly lengthen to control your descent when you are walking down stairs.
- Static – The muscles in the front of your thigh holding a steady position in a squat.

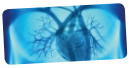


Nerves

- Nerves are a bundle of fibres that work like an electric cable.
- They send electrical information to the brain.
- They receive electrical signals from the brain.
- There are different nerves to control different senses; there is one for hot, cold, light touch and firm touch.

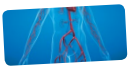
PHYSIOLOGY

Cardiovascular – heart and circulation



Heart

- The heart is another form of muscle with four chambers that send and receive blood to and from the tissues and the lungs.
- Like any muscle, a bit of gentle exercise can keep it working well
- It pumps blood around the body through a circuit which eventually leads back to the heart.



Circulation

- Arteries carry blood full of oxygen to the tissues.
- Veins carry blood back to the lungs.
- Veins have one way valves that prevent backflow.
- The blood is pumped back to the heart by the action of muscles contracting an example of this would be your calf muscles working as you walk. The muscle contraction squeezes the veins and pumps the blood back towards the heart – "the muscle pump"

Cognitive function

- Cognitive function refers to a variety of mental processes and includes attention, reasoning, memory and language skills.
- Like any other bodily process, this can be improved with training.

Proprioception

- This refers to how our body knows which position in space it is in.
- This includes balance and joint position sense.
- Our vision and hearing senses also contribute to our balance

WARM UP AND MOBILITY PROGRAMMES

Warm up and mobility 1

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Stretching & Warm Up Safely

- Start with some simple walking back and forth or marching on the spot to get the blood flowing
- Stretches recommended at the beginning, end and regularly throughout your work day
- Hold each stretch for 10 seconds
- All stretches to be performed gently – there should be no pain
- Should you experience pain whilst stretching, ease off on the stretch
- Should pain persist please consult your GP or health professional

Wrist Flexor Stretch

- Palm facing upward, grasp fingers in other hand, straighten elbow.
- Hold 10s, repeat x1 each side.

Progression:
- Stand on 1 leg
- March on the spot

Balance Warm-up

- Extend both arms.
- Lift 1 leg off the floor.
- Hold for 30s each side.

Progression:
- Arms across chest
- Arms extended above head

Neck Retraction

- Slide your head directly back, keep chin tucked in.
- Hold for 2s repeat x5.

Progression:
- Add head tilt when chin is tucked (after 4 weeks)

Chest stretch

- Hands grasped behind head
- Pull elbows and shoulder blades back.

Progression:
- Gently lean left and right (after 4 weeks)

Partner Calf Stretch

- Lunge forward keeping back heel on the ground, knee straight and toes pointing towards your partner.
- Alternating left right pushing into your partner's hands.

Progression:
- Decrease width of stance

Dynamic Chest stretch

- Extend arms as pictured.
- Alternate and repeat x10.

Progression:
- Add mini squat with extension

Side Lunge

- Step to the side and bend knee to lunge.
- Maintain upright posture and keep back leg straight.
- Alternate and repeat x8.

Progression:
- Increase lunge length
- Raise arms above head

Lunge with Rotation

- Place arms across chest, step forward, rotate to look over both shoulders.
- Alternate and repeat x6.

Progression:
- Increase lunge length

Lunge Helmet Pickup

- Lunge down and put helmet on the floor, be aware of good posture.
- Repeat and alternate x6.

Forward Bend

- Reach forward and extend back leg as pictured.
- Slowly return to the starting position.
- Alternate and repeat x4.

Progression:
- Increase forward bend

Some more dynamic group activities and warm up to include:

Serpentine Brisk walk

All in circle. Every 2nd person walking clockwise, remainder anti-clockwise, weaving in/out – NO CONTACT.

Swims

All in circle – "swim" freestyle in to centre, backstroke out again.

Mexican Waves

All in circle – you know this one – include squats in wave action.

The imaginary ball

All in circle – call out person's name and throw, hand ball, kick ball to them.

Land the plane

Standing on one leg, arms out, go through take off, banking right/left, landing.

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