



WORK INJURIES

ARE YOU WORKFIT?

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ARE YOU WARMED UP FOR WORK?



DUTIES OF EMPLOYER

Employer must ensure reasonable precautions are made to ensure the workplace is safe

- Protective gear
- Boots/ Gloves/ Steel caps
- Knee pads
- Hats
- High Visibility Gear
- Respirators, ear protection
- What relates to your workplace?

PROTECTIVE GEAR DOESN'T WORK
IF YOU AREN'T WEARING IT, EG safety
glasses, knee pads



DUTIES OF EMPLOYEE

It's a 2 way street - as the employee you have the responsibility

- to make sure you are fit enough to do the job required
- that you take reasonable care to do the job safely
- that you do not expose yourself to unnecessary health or safety risks

Eg. - Using correct manual handling techniques
- wearing provided safety equipment

WORKFIT

- Fatigue; well rested, lack of sleep leads to fatigue, fatigue is a major factor in all injuries, especially soft tissue injuries
- General fitness
- Not under influence alcohol/drugs



GENERAL FITNESS



- Fitter people fatigue less quickly
- Strong muscles – the stronger you are, the less likely you are to suffer a muscle or tendon injury
- Fitter people should find work easier, and can work for longer with lower risk of injury
- Eg. Long periods of digging
- Improved leg and upper body strength will reduce load on your body when you lift

GENERAL FITNESS - MOBILITY



- Mobility/flexibility
- Being flexible enough to do your job
- Eg. Planting or digging – you need to be able to get near your toes, otherwise you place too much pressure on your lumbar spine
- Thoracic/shoulder flexibility, improved range of motion, places less pressure on rotator cuff tendons in shoulder

WHAT TO DO IF YOU GET A NIGGLE?



- Ice
- Rest as able
- Identify the causative factor
- Change the behaviour
- Get problem assessed
- Early advice might be able to speed up full recovery or prevent a niggle from turning into a full blown injury

WARM UP



- Be ready to start work on time
- Get to work earlier if needed
- Quick walk before work
- Increase blood flow
- Increase body temp
- Improves soft tissue flexibility and muscle strength

WARM UP - STRETCH



- Stretches should be comfortable, not painful
- Hold 30 secs
- Don't force the stretch
- Recognize the difference between normal stretching pain and “unwanted” pain

WARM UP PROGRAM

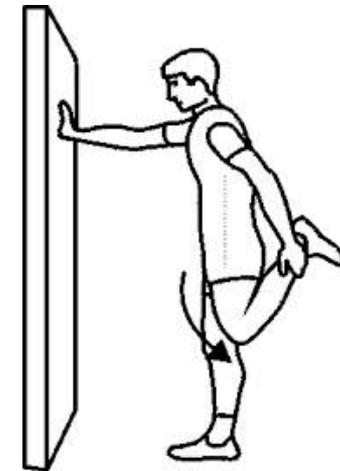
Half Squats



Calf Stretch



Quadriceps Stretch



WARM UP PROGRAM

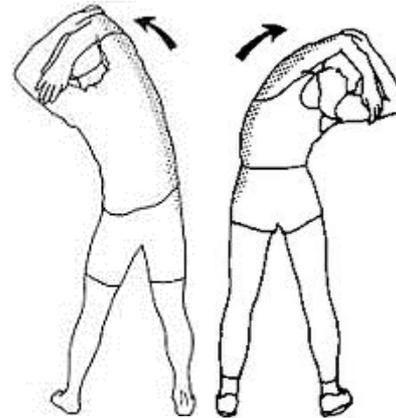
Hamstring Stretch



Lumbar Extension



Side Flexion

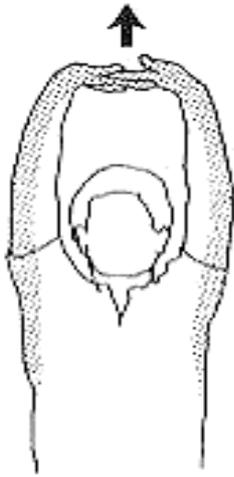


Post Cuff Stretch



WARM UP PROGRAM

Overhead Bridge



Neck Side-Flexion



Upper Limb Nerve Stretch

