



HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

National Tradies Health Month AUGUST TRADIES HEALTH MUST BE EVERYONES BUSINESS

It's a career where your body is your livelihood, but 1 in 5 serious workplace injuries involves a tradie

The Australian Physiotherapy Association (APA) takes the leads in Tradies National Health Month to champion awareness and create tools to help tradies take control of their health and stay well. Check out their website: www.tradieshealth.com.au.

A few health facts about tradies!

- » Tradies have amongst the highest serious injury and disease compensation claim in Australia.
- » Back and neck issues remain the top health issues facing tradies
- » Construction workers have a 40% increased risk to health from drinking too much alcohol
- » Working a trade keeps you strong, extra exercise is often necessary because many tradies "might be strong, but not fit."
- » 64% of construction workers are overweight ¹

What can your business do

1. Pin up these posters at your worksite (*click to open and print or order from the healthy workers program*)
2. Arrange a physio to come to your worksite to do a 'fitness for work assessment' for free - visit: www.physiotherapy.asn.au/findaphysio.



The information in this newsletter should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional.

Safework SA Data & National health survey data ¹

Sourced from <http://www.abc.net.au/local/photos/2014/08/01/4058542.htm> ²

The Advice

1. Safe work practices

Rather than just relying on brute strength, bending knees and keeping your back straight, ask yourself:

"Are we using our equipment appropriately? Is there equipment that could make it easier? Is there a better way of doing this? Do we need more hands on deck and even is this a safe task to do?"

2. Stretching daily

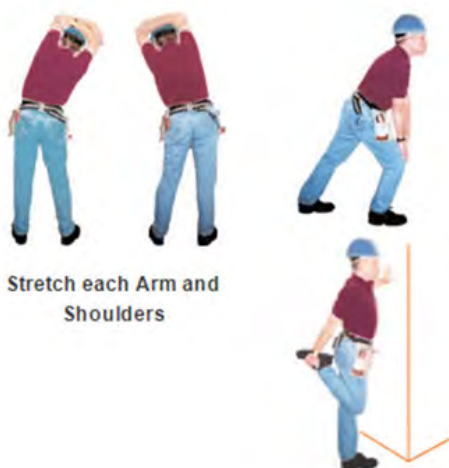
Start your day by doing 5 - 10 minutes of stretching in the morning.

STRETCH IT OUT

Prepare yourself for your work day
Hold each for 3 - 5 seconds



Stretch the Lower Back and Hips



Stretch each Arm and Shoulders

Stretch each Leg

THE WRONG WAY



Working in a bent or stooped posture for a long time may cause fatigue and strain your lower back, neck, and shoulders.



Lifting or carrying loads that are too heavy may cause a serious back injury.



Working overhead and reaching for long periods of time may lead to lower back, arm, shoulders, and neck injuries.

THE SAFER WAY



- Change positions (sit or kneel with knee pads) when working at or near ground level.
- Alternate bending with non-bending tasks.



- Use teamwork and plan lifts to coordinate movements.
- Use a cart to transport materials.



- Use a ladder, scaffold, or scissor lift.
- Stay close to the work.
- Use lighter-weight tools.

http://www.dir.ca.gov/dosh/dosh_publications/erg_carpframer.html

3. Work on these healthy habits

Your health and wellbeing is your livelihood - work on these healthy habits to stay well.

Lift your game to maintain a healthy lifestyle

7 HEALTHY HABITS FOR MEN



Only 25% of a man's health is determined by his genetics. The other 75% is his choice.

- 1. FIND & SEE A GP**
Have a yearly check up with a doctor - find one www.nhsd.com.au
- 2. GET ACTIVE**
Aim for at least 30 minutes of activity everyday
- 3. LOSE THE BELLY FAT**
Maintain a healthy weight. Work out your BMI at www.gethealthy.sa.gov.au
- 4. MORE FRUIT - MORE VEGETABLES**
Aim for 2 serves of fruit and 5 serves of vegetables
- 5. QUIT SMOKING**
Changing long-term habits can be hard, there are resources and support to help you quit - Quitline 137848
- 6. CUT DOWN BOOZE**
Drink in moderation - 2 standard drinks per day should be your maximum www.alcohol.gov.au
- 7. MANAGE HEAD HEALTH**
Don't be manly - seek support - talk to your GP, Beyondblue 1300 22 2638 Lifeline 13 11 14