

WARM UP & STRETCH FOR SAWMILLS

thinksafe

➔ Sawyer's Mill

➔ Tom Sawyer

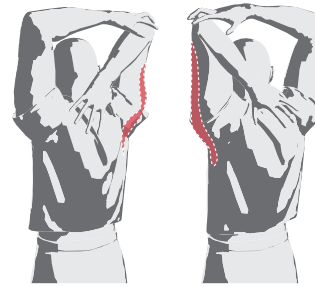
This resource contains important information for your workplace. Keep a copy handy.

SHOULDER STRETCH



- › Stand or sit upright
- › Interlace fingers and turn palms upwards
- › Straighten arms and push upwards.

UPPER ARM / TRICEPS STRETCH



- › Place hand on top of upper back
- › Hold elbow with opposite hand
- › Gently pull elbow behind head
- › Repeat other side.

STANDING BACK EXTENSION



- › Place hands on top of buttocks
- › Lean backwards over your hands
- › Return slowly to upright after exercise.

INSTRUCTIONS FOR EXERCISES

- › Stop every hour and do an exercise that makes your body move in the opposite direction to which you have been working
- › Try to do all the stretches at least once a day
- › Stretches should be done 2-3 times each side
- › Hold stretches for 10-15 seconds (unless indicated otherwise)
- › Breathe out slowly as you stretch
- › Make sure you feel the stretch only in the specified areas
- › Only hold stretches that feel good
- › Let go of stretches gently.

BACK OF THIGH



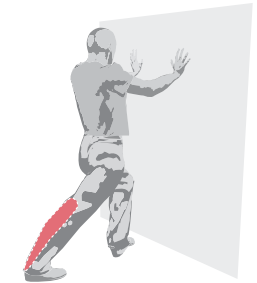
- › Stand on one leg
- › Grasp your knee and pull it towards your chest
- › Bend your other leg to increase stretch.

FRONT OF THIGH



- › Stand on one leg
- › Grasp your foot and pull it towards your buttocks
- › Keep your back straight and don't let your knee come out sideways.

LONG CALF STRETCH



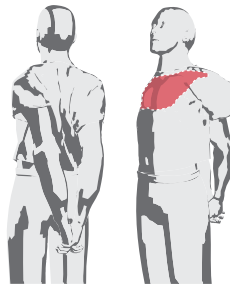
- › Place your hands on a wall
- › Put one leg behind, toes pointing forwards
- › Keep the rear knee straight and the heel flat on the ground
- › Lean into the wall.

HYDRATION



- › Dehydration can make you fatigued; affect your judgement, cause cramps, heat stress or heatstroke. Even low levels of dehydration can cause problems
- › The amount of water you require will vary depending on the work undertaken, individual characteristics, temperature etc. But if you are doing strenuous work, you should have at least 500ml (around 3 glasses) per hour
- › Even without strenuous work, a person requires around 1.5 to 2 litres of water per day
- › Coffee/tea/fizzy-drinks do not count as water replacement. In fact, these drinks can make you lose water.

CHEST STRETCH



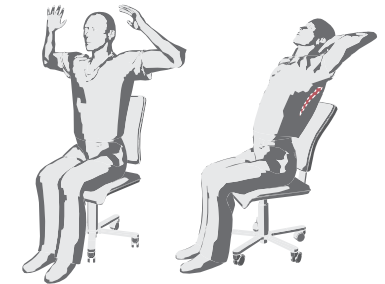
- › With straight arms, interlace fingers behind back
- › Turn elbows inward
- › Gently lift arms.

SIDE BEND



- › Stand with feet apart
- › Clasp hands above head and push upwards
- › Lean gently to the side
- › Repeat other side.

SEATED BACK EXTENSION



- › Keep chin tucked in
- › Interlace fingers behind head with elbows out to the side
- › Pull shoulder blades towards each other
- › Lean back over chair.

TIPS FOR SAWMILLS



→ Sawyer's Mill

→ Tom Sawyer

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→ EARLY REPORTING

OF DISCOMFORT, PAIN AND INJURY

- › Report all incidences of discomfort, pain and injury immediately to:
Huckleberry Finn 027 111 2233

- › Discomfort and pain is common and does not always signify damage
- › Inactivity often makes the problem worse
- › Let's work together to identify and address all the contributing factors to your problem
- › If concerned, inform your manager and seek medical advice.

→ NUTRITION

- › Eat breakfast EVERY day – cereal, porridge, toast, beans, yoghurt
- › Snack on fresh or dried fruit, muesli bars or sandwiches
- › Eat good food at breaks – pasta, buns or filled rolls, fruit and yoghurt
- › After work have a good dinner with meat, vegetables, rice or pasta and fruit.

→ NOISE HAZARDS

- › Identify and report sources of excess noise
- › Ensure noisy machinery is maintained regularly
- › Wear your ear muffs throughout the working day, keep them in good condition and replace them when they are worn.

→ PPE REQUIRED



- Hard hat
- Safety footwear
- High visibility vest
- Protective eye wear
- Hearing protection grade - (insert number)
- Dusk mask/respirator
- Gloves
-
-
-

→ SIGNS OF FATIGUE

WATCH OUT FOR:

- › Yawning or statements of feeling drowsy
- › Impatience and slow reaction times
- › Sore or heavy eyes
- › Sweaty hands, hunger, thirst or cramp
- › Humming in the ears
- › Not remembering the last few tasks
- › Lapses in attention or reduction in performance.

→ EAT WELL

- › Healthy foods provide energy to function and nutrients to help you stay well
- › Eat five servings of fruit and vegetables per day
- › Eat 'good' fats in foods like nuts, seeds, avocados, vegetable oil, salmon. Reduce 'bad' fats by eating lean meat, reduced-fat dairy products, and fewer fried foods and pies
- › Replace sweet snacks with fresh fruit, low sugar muesli bars and nuts, or a sandwich
- › Try having less salt with your food
- › Drink at least 1.5-2 litres of water per day
- › Take lunch breaks away from your work area. Your digestion works best when you are relaxed.

→ EMERGENCY CONTACTS

Site first aider: Uncle Tom

Nearest A&E department: Log cabin

Report all hazards/near misses to: Aunt Ethel

FIRST AID

USE R.I.C.E.D. (FIRST TWO DAYS)

- REST:** To limit further damage, avoid moving the injured part as much as possible.
- ICE:** Place ice in a damp towel on to the injured part for 20 minutes, every two hours for the first 48 hours.
- COMPRESSION:** Bandage between ice treatments.
- ELEVATION:** Keep the injured area raised as much as possible.
- DIAGNOSIS:** If the pain or swelling hasn't gone down significantly after 48 hours, seek professional medical help.

AVOID H.A.R.M. (FIRST THREE DAYS)

- HEAT:** Avoid hot baths and showers, saunas, hot water bottles, heat packs and linaments.
- ALCOHOL:** Alcohol increases bleeding and swelling at the injury site and delays healing.
- RUNNING:** You should not exercise the injured part for 72 hours unless approved by a medical professional.
- MASSAGE:** Massaging an injury in the first 72 hours can slow down recovery.

RED FLAGS

SEEK MEDICAL ADVICE IF YOU HAVE:

- › Severe, unremitting night-time pain
- › Severe burning pain with associated pins and needles
- › Significant loss of weight over a period of weeks to months
- › Significant trauma (e.g. fall from a height, MVA, crush, etc.)
- › Feeling systematically unwell – e.g. with fevers, night sweats, flu-like symptoms
- › Obvious swelling or lump/s
- › Redness – especially around joint/s
- › Several different joints being affected at the same time
- › Skin rash associated with joint pains
- › Significant visible bruising in the affected area
- › Paralysis or significant loss of function of the limb or part of the limb.