

# WARM UP & STRETCH FOR HEALTH WORKERS



→ Shortland Street Hospital

→ Kip Denton

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

You can also go to [www.acc.co.nz/smarttips](http://www.acc.co.nz/smarttips) to customise sport specific information.

## 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.

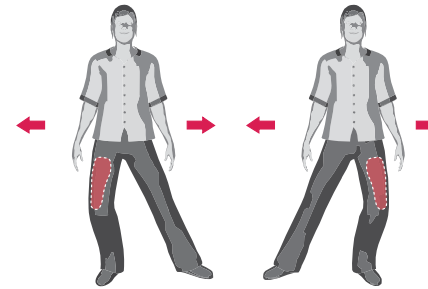
## WARM-UP/COOL DOWN

- › If your work is very strenuous, start work gently and build up (to allow a warm-up period)
- › If this is not possible, start with a few minutes of light aerobic activity to warm the body up before commencing work
- › If your work is very strenuous at the end of the work day, cool down with some light aerobic exercise and static stretches.



### SEMI-SQUAT

- › Stand with feet shoulder width apart, knees and feet in line
- › Bend hips and knees, as if about to sit onto a chair
- › Keep feet flat on the floor, knees in vertical line with toes.



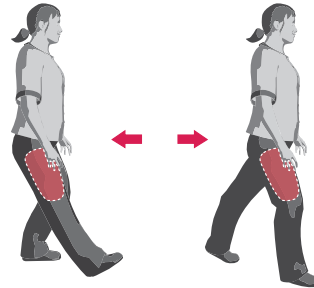
### SIDE TO SIDE WEIGHT TRANSFER

- › Stand with feet wider than shoulder width apart, feet turned out, knees slightly bent
- › Transfer weight from one leg to the other, keeping shoulders level
- › Keep upper body upright and facing forwards throughout the exercise.



### BACK EXTENSION

- › Stand upright with feet shoulder width apart
- › Place hands in the small of the back with fingers towards the spine
- › Lean backwards over hands to extend back
- › Repeat after any prolonged stooping or forward leaning.



### FORWARD & BACK WEIGHT TRANSFER

- › Start with feet shoulder width apart, one leg forward
- › Move upper body forward, bringing weight onto front foot
- › Move back, bringing weight onto back foot.



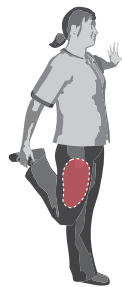
### LENGTHENING SPINE AGAINST WALL

- › Stand against a secure wall, with heels as close to wall as is comfortable
- › Keep back of head, shoulder blades, and tail-bone touching the wall
- › Lengthen spine by drawing chin in, and tucking tail-bone under.



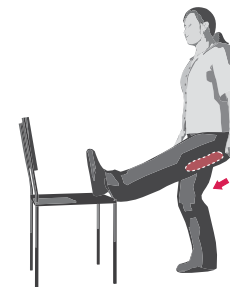
### CHEST STRETCH

- › Stand with head up, chin in, hands interlaced behind back
- › Draw shoulders down and back
- › Raise arms, so shoulder blades move closer together.



### FRONT THIGH STRETCH

- › Stand on one leg using a support to balance
- › Grasp foot and bring heel towards buttock, with knees close and in line
- › Keep back upright, tail-bone tucked under.



### HAMSTRING STRETCH

- › Stand with one heel on a stable raised surface
- › Bend the supporting leg until a stretch is felt behind the raised leg
- › Keep back upright and shoulders wide.



### SIDE STRETCH

- › Stand with feet shoulder width apart, arms folded above head
- › Lean gently to the side and reach the top elbow upwards.

# TIPS FOR HEALTH WORKERS



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## ➔ 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.

## ➔ CLOTHING & FOOTWEAR

### WEAR CLOTHING THAT:

- › Allows free movement at shoulders, waist and hips
- › Covers adequately in all situations
- › Is comfortable and cool

### YOUR FOOTWEAR NEEDS TO:

- › Be non-slip
- › Provide support and protection to the foot.

Sandals and scuffs are generally not suitable for patient handling.

## ➔ TRANSFER TECHNIQUES

### TRANSFERS TO BE AVOIDED ARE:

- › Any full body lifts, i.e. where healthcare workers are supporting the full weight of the patient e.g. top and tail, cradle lift
- › Hooking under the arms
- › Front assisted pivot.

Refer to the NZ Patient Handling Guidelines for further information.

[www.xxxxxxxx.co.nz](http://www.xxxxxxxx.co.nz)

## SERIOUS HARM DEFINITION

- › Any condition that amounts to or results in permanent loss of bodily function or temporary severe loss of bodily function
- › Amputation of body part
- › Burns requiring referral to specialist
- › Loss of consciousness from lack of oxygen
- › Loss of consciousness or acute illness from absorption, inhalation or ingestion of any substance
- › Any harm that causes the person harmed to be hospitalised for a period of 48 hours or more commencing within 7 days of the harm's occurrence.

## ➔ HANDLING TIPS

- › Think and plan before lifting/handling
- › Keep loads close to body
- › Adopt a stable position
- › Get a good hold
- › Avoid bending the back
- › Avoid twisting or leaning sideways
- › Keep your head up when handling
- › Move smoothly
- › Put down load then adjust its position

## ➔ PAIN SELF MANAGEMENT

- › Stay active
- › Continue daily activities
- › Return to work as soon as possible
- › Modify activities that aggravate pain
- › Use pain relief regularly
- › Avoid bed rest
- › Stay positive
- › Learn to relax

## ➔ HEALTH & SAFETY CONTACTS

H&S CONTACT NAME(S)	NUMBER(S)
Dr Chris Warner	x 9457

## 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.