

Don't Twist & Shout!
Awkward Body Movements Campaign.

**Keeping you safe and healthy at work
and at home.**

Live better. Feel better. Work better.



Handling Ladders



Kneeling



General Manual Handling



Vehicle Advice



Reaching



Injury Prevention & Management

Handling Ladders.

Ladders can be fairly heavy, and their shape can make them challenging to handle. If handled incorrectly, you're at risk of injuring yourself or someone else.

Here's some key things to consider when handling ladders:

- Can you handle it on your own, or do you need assistance?
- If you're handling it with someone else, make sure you both stand on the same side of the ladder and communicate throughout the manoeuvre.
- Always use both hands to handle the ladder- don't try to carry additional items at the same time.
- Don't turn too quickly; ladders can create lots of momentum and place considerable stress on your trunk and shoulders.
- There's several ways that a ladder can be carried but make sure that you consider your environment when deciding how you'll carry it. Remember:
 - Your field of view is restricted when carrying on your shoulder and makes it more difficult to balance. This can be a great technique when in rural areas, but not when in a built-up neighbourhood.



**If you start to develop
aches and pains,
contact RehabWorks
for physiotherapy
support on:
0333 222 0712**

Kneeling.

Sometimes we have to kneel on the floor, but did you know that frequent or prolonged kneeling increases the risk of knee pain and other lower limb problems.

One of the most common knee problems caused by frequent and prolonged kneeling is 'bursitis', which is more commonly known as 'handmaid's knee'. It typically causes pain in the knee that gets worse when you kneel or bend your knee fully. Your knee will also probably be swollen and may be tender, red and warm.

If you develop redness that spreads, a high temperature (fever), or persistent pain, this may be due to infection of the bursae. You should see your GP urgently, or go to your nearest accident and emergency (A&E) department.

Bursitis can often be treated at home. Resting the affected area and using an ice pack helps reduce the swelling and ordinary painkillers can help relieve the pain until your knee heals.

To prevent the risk of developing knee problems:

- Avoid kneeling where possible.
- Use a kneeling matt, or knee-pads.
- Try to alternate which knee you kneel on.



General Manual Handling.

Your posture, strength and flexibility play a big part in how well you can complete manual handling tasks. For example, if you tend to slouch and don't exercise regularly you may find that your muscles have become stiff and weak. When this happens, not only can it be impossible to adopt a safe lifting posture, but you're more likely to overstretch, or strain yourself when trying to lift something.

Most injuries from manual handling affect the back, however it's important to think about how you can protect all of your other joints too.

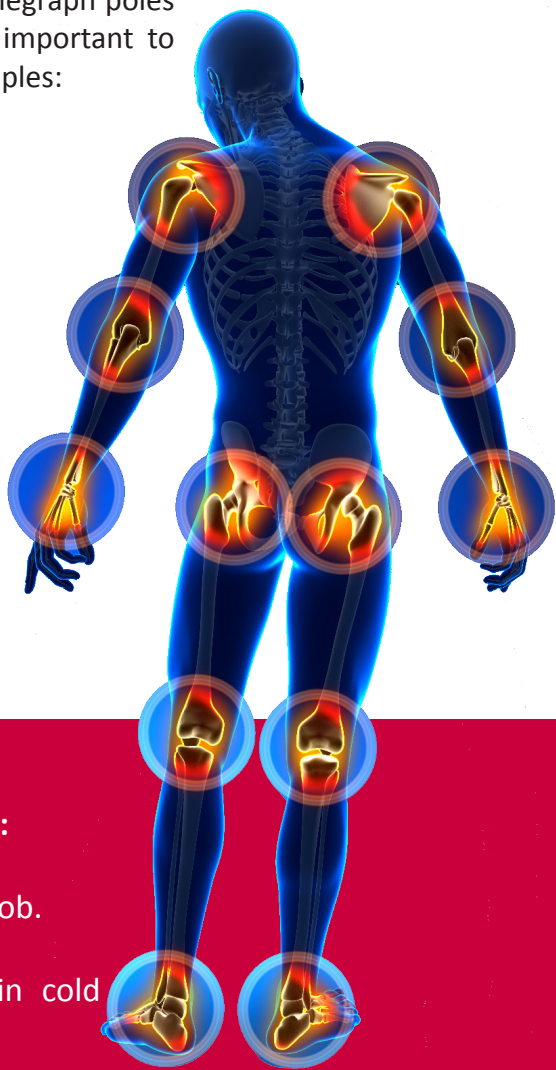
Remember, whether you're handling telegraph poles or doing the vacuuming at home it's important to follow these five manual handling principles:

- 1** Keep your joints in their neutral position.
- 2** Use your legs to apply the force and maximise your balance and stability.
- 3** Make sure you've got a secure grip of the load.
- 4** Lift in a smooth and controlled manner.
- 5** Avoid twisting your trunk



To prevent manual handling injuries:

- Exercise regularly.
- Always use the right tool for the job.
- Ask for help if you need it.
- Keep warm if you're working in cold weather.



Vehicle Advice.

Driving can form a large part of our working day, and unfortunately it's not uncommon for us to experience aches and pains. In addition to this, with a growing remote workforce we're increasingly using our vehicles as mobile offices.

Frequent and prolonged driving places our backs and shoulders at the most risk because we're spending lots of time in a static posture. This risk is amplified if the vehicle's not been set-up correctly.

Ankle injuries are also common for people who drive larger commercial vehicles, and the best way to prevent these are to check the ground conditions when stepping-out of the vehicle to avoid stepping into pot-holes.

Remember, if you're loading or unloading don't over-stretch to reach items, and only carry what you can easily handle.

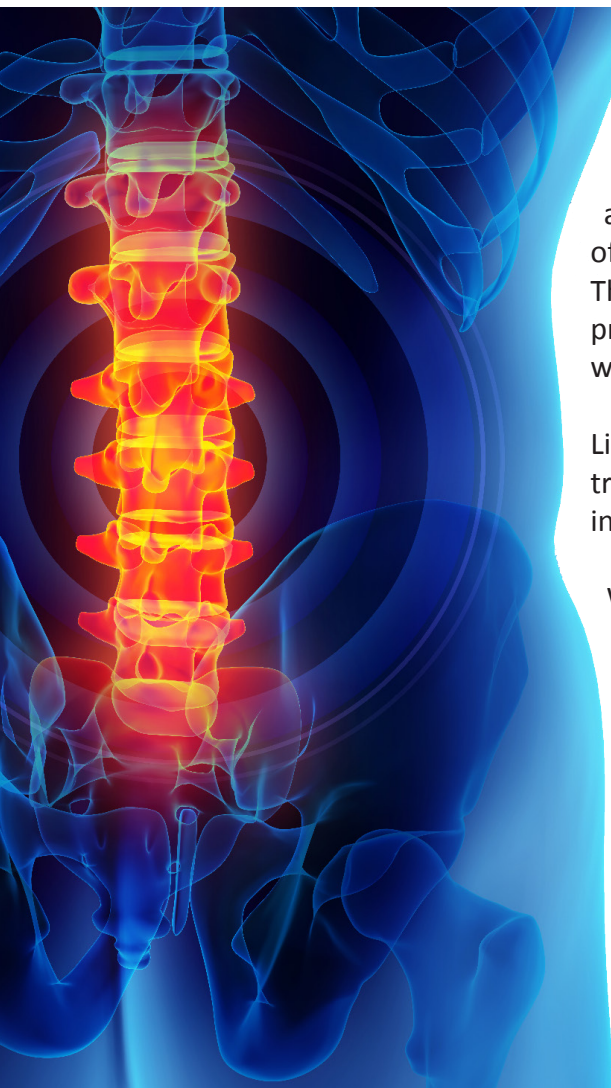


To prevent aches and pains when driving:

- Take a 15 minute break every 2 hours to get out, move about and stretch.
- Set-up your seat properly (check the 'Driving advice Factsheet')
- Change your habits- can you meet half-way, have a conference call or use public transport?

If you start to develop aches and pains, contact RehabWorks for physiotherapy support on: 0333 222 0712

Reaching.



Reaching for things can often be part of daily life, but did you know that reaching away from your body not only places extra strain on your shoulders, but also causes a significant amount of additional stress on your trunk. This increases the risk of lower back problems, a major cause of time off work and disability.

Lifting and handling away from the trunk not only increases the risk of injury, but also takes a lot more effort.

Where possible you should always try to avoid reaching, but if it can't be avoided try to follow these top tips:

- 1** Use an arm to brace yourself against something.
- 2** If reaching forwards, have one foot well in front of the other to maximise balance.
- 3** Avoid reaching and twisting as this can place even more stress on your joints.

If you start to develop aches and pains, contact RehabWorks for physiotherapy support on: 0333 222 0712



Injury Prevention & Management.



The best way to avoid getting injured is to stay fit and healthy. This is especially important if you've a physically demanding job. It's recommended that adults are active daily, and aim to complete either 150 minutes of moderate aerobic activity (such as cycling or brisk walking), or 75 minutes of vigorous aerobic activity (such as running, or playing tennis), or a mixture of the two. In addition to this we should also complete 2 bouts of resistance based activities that strengthen our major muscle groups. This might include heavy gardening, such as digging or shovelling, or doing body weight exercises such as squats or press-ups, or even circuit training or yoga. The most important thing is to choose an activity that you enjoy and remember, if you've not exercised in a while start slowly and gradually build up the intensity to prevent overdoing things. You may also want to get a check-up with your GP first if you've got any pre-existing medical conditions.

If you've sustained a minor injury you can often treat yourself effectively by:

- **Resting the affected part of the body for the first 48-72 hours to prevent any further damage**
- **Regularly applying an ice pack to the affected area during the first 48-72 hours to help reduce swelling**
- **Using over-the-counter painkillers such as paracetamol or ibuprofen to relieve pain**

If your symptoms are severe or don't improve within a few days, you can speak to your GP or contact RehabWorks for rapid access to physiotherapy support by simply calling **0333 222 0712**.

Depending on the type of injury, it can take a few weeks or months to make a full recovery. While recovering, it's important not to do too much too soon – aim to increase your level of activity gradually over time.



To find out more
0333 222 0712
www.rehabworks.co.uk

Live better. Feel better. Work better.

RehabWorks Ltd, Suffolk House, 7 Angel Hill, Bury St Edmunds, IP33 1UZ