

Injury Prevention

To successfully prevent injuries at work, you need to be proactive in not only ensuring a safe environment, but also focusing on your health and wellbeing.

The following are just a few examples of ways to prevent injuries:

General cardiorespiratory fitness	Participating in 30minutes of moderately intensive physical activity on most days is important for your heart and lungs. This can include planned exercise or incidental activity such as cleaning and gardening.
Healthy weight range	Having a healthy diet and maintaining your weight within your healthy range is important. Remember it is a balance between the energy (or kilojoules) we take in to our body, versus the energy we expend through activity.
Hydration	Drinking approximately 8 glasses of water per day will keep your soft tissues (i.e. muscles, ligaments etc.) well-hydrated and flexible. This means you are less at risk of injury. Remember not all drinks are hydrating!
Sleep	Lack of adequate sleep can lead to injuries at work. If your concentration is reduced, attention to task is affected, and reaction times are slower than usual, then risks are increased.
Risk assessment	You need to assess your working environment for potential hazards, and ensure you put controls in place to prevent injuries.
Warm up and cool down	Your work, the time of day, the environmental temperature etc., will dictate the type of warm up needed before you commence work.
Early treatment	Should you experience an injury, appropriate early intervention is imperative to reduce the impact and severity of that injury. First aid treatment as soon as possible is the key.

For more information on injury prevention in the workplace, contact AHS by emailing michelle@absolutehealthservice.com.au.