

# Amcor Crew Training



Ken Firth – Business Systems Coordinator  
OHS Coordinator

George Rossoukas – South Mill Dispatch  
OHS Rep.

# Acknowledgements:



Amcor contracted On Site Health Solutions to run workshops for several Amcor sites nationally.

On Site Health Solutions:

- Is a nationwide Occupational Health company established in 2004.
- Specialises in achieving health results through engagement programs such as SafeSpine.
- Used exercise specialists to develop the SafeSpine Program.
- Demonstrated that the SafeSpine Workshops would substantially reduce the risk of injury of employees.



[www.onsitehealthsolutions.com](http://www.onsitehealthsolutions.com)

1300 OHS 000



# The SafeSpine Program



Delivered to a small number of employees from each site.

- These employees would:
  - Become Amcor SafeSpine Specialists.
  - Deliver the workshop at their sites.

At the end of the workshop call for volunteers to become SafeSpine Leaders.

The SafeSpine Leaders would then run Safestart sessions in preparation for the days activities.

At the Fairfield Mill:

- We altered this slightly as our mill contains too many small groups operating over a very large site.
- Continued to run workshops through crew and other meetings.



# The SafeSpine Program



## Contains:

- A look into cultures that have longevity.
- Amcor Statistics indicating that Back, shoulder and knee injuries are most common.
- The negative affects of injuries
- Anatomy of spinal column, joints and muscles
- Seven Principles:
  - Principle 1 – Mobility
  - Principle 2 – Core Stability
  - Principle 3 – Adopt a SafeSpin
  - Principle 4 – Soft Tissue Creep
  - Principle 5 – Re-set
  - Principle 6 – Muscle Imbalances
  - Principle 7 – Body Conditioning
- Trainer techniques to enable the participants to deliver workshops



# The SafeSpine Program



## On Site Health Solutions Support:

- Electronic PowerPoint presentation for delivery of the program
- Support booklets to guide the facilitator through the workshops
- Conference calls to discuss issues
- Running of Leadership Programs
- On-site visits.

## Our Experience of the program:

- Although designed for the workplace it was just as much about the home
- We are getting older and through the program can hopefully extend the time in which we can do physical activities.
- Gave us some experiences that clearly demonstrate that doing mobility and stretching exercises work.
- Backed up the exercises with the biology.
- Accepted that there are occasions when you cannot maintain your back in an S shape, but gave us a method of resetting those stretched muscles.



**amcor**

# Some Parts of SafeSpine



## On Site Health Solutions Support:

- Electronic PowerPoint presentation for delivery of the program
- Support booklets to guide the facilitator through the workshops
- Conference calls to discuss issues
- Running of Leadership Programs
- On-site visits.



# The Recipe to Longevity:



- 1. Physical Activity**
- 2. Optimal Nutrition**
3. Mental Health & Wellbeing
4. Avoidance of Pollutants & Toxins
5. Hormone Balance

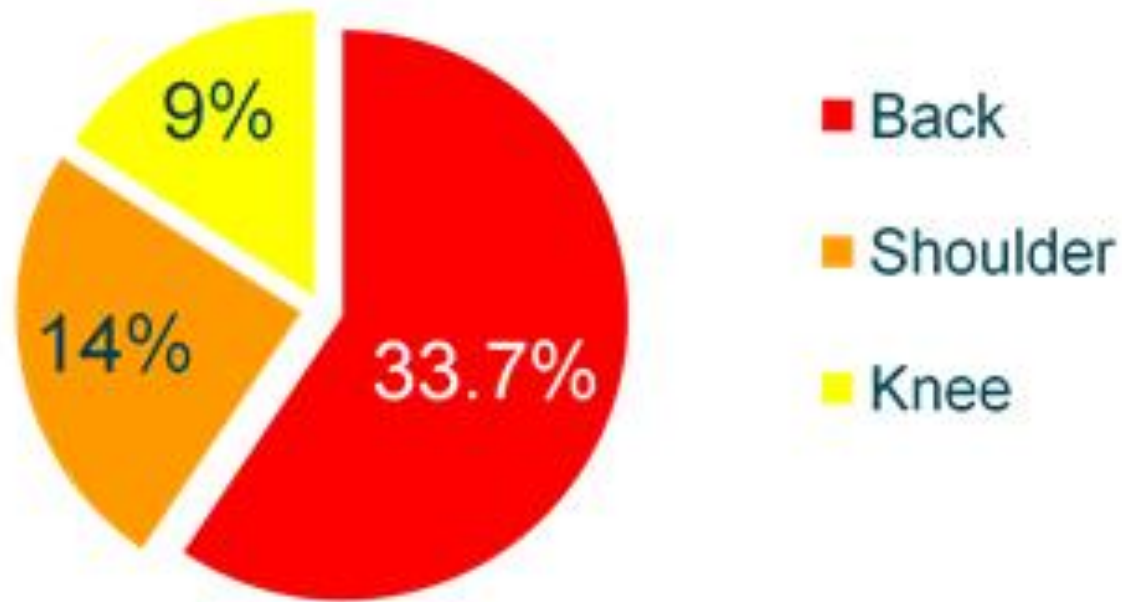


# Common Injuries



## Sprains and strains – body part

%



# What are the Negative Effects of an injury?



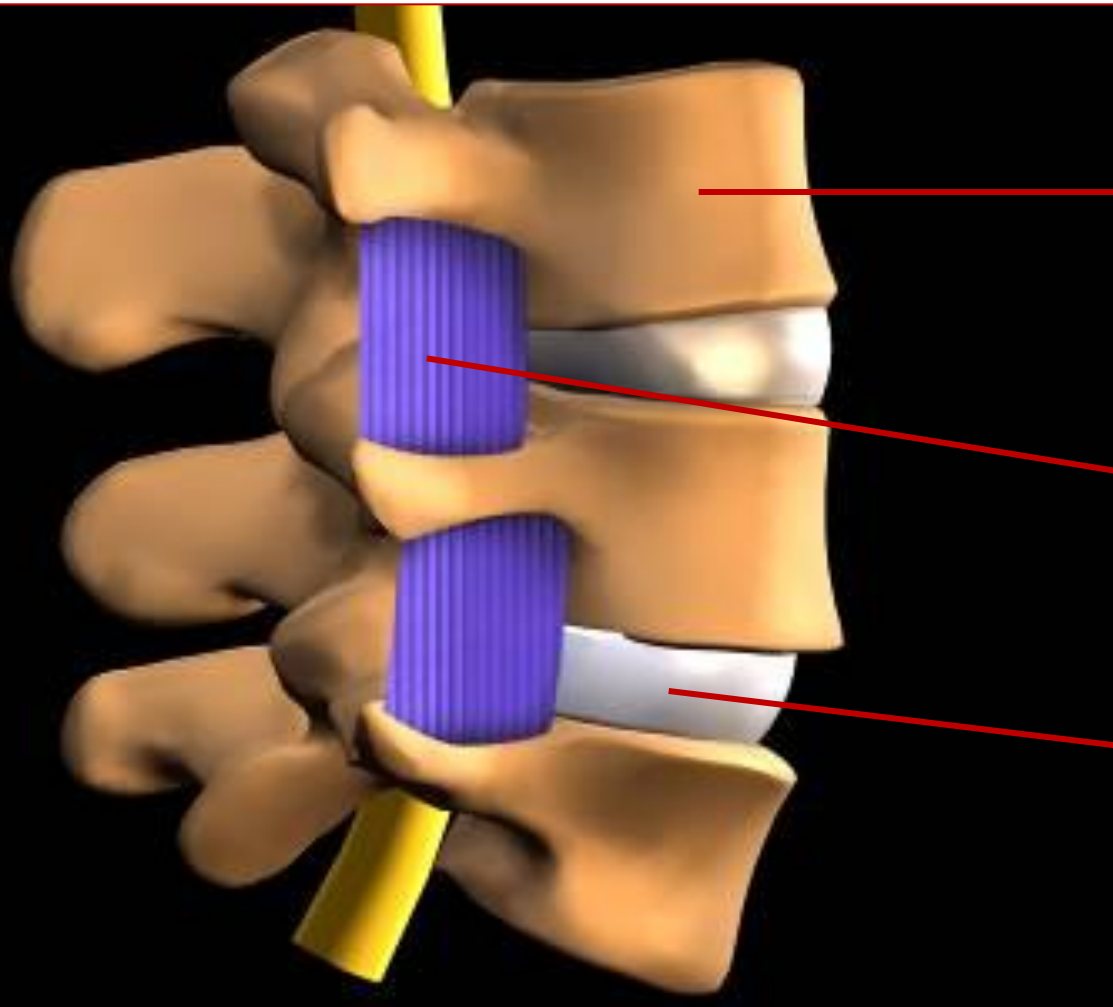
1. Financial
2. Social
3. Physical
4. Sexual
5. Mental
6. Depression



**amcor**

Onsite Health Solutions © 2008

# Anatomy – the spine:



**Vertebrae**

**Ligaments**

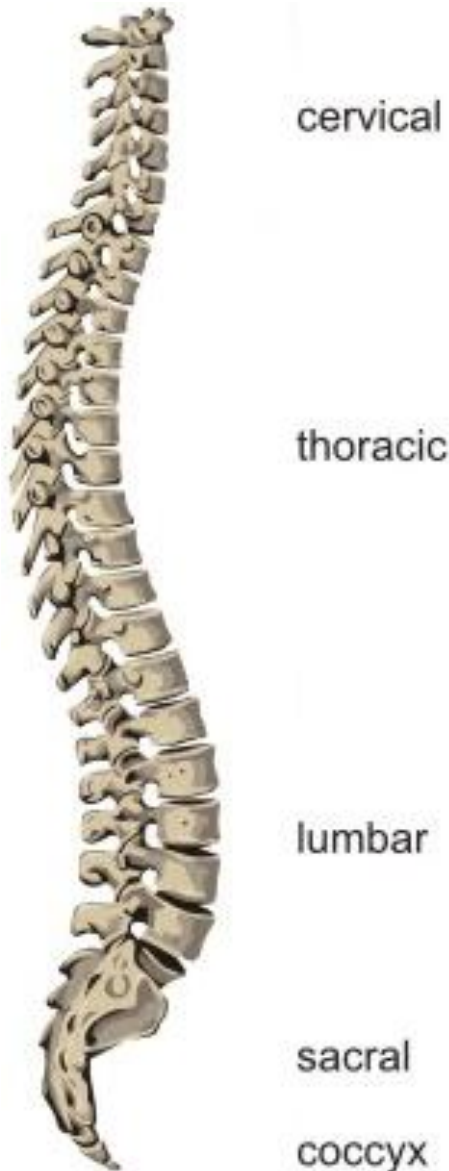
**Disc**



**amcor**

Onsite Health Solutions © 2008

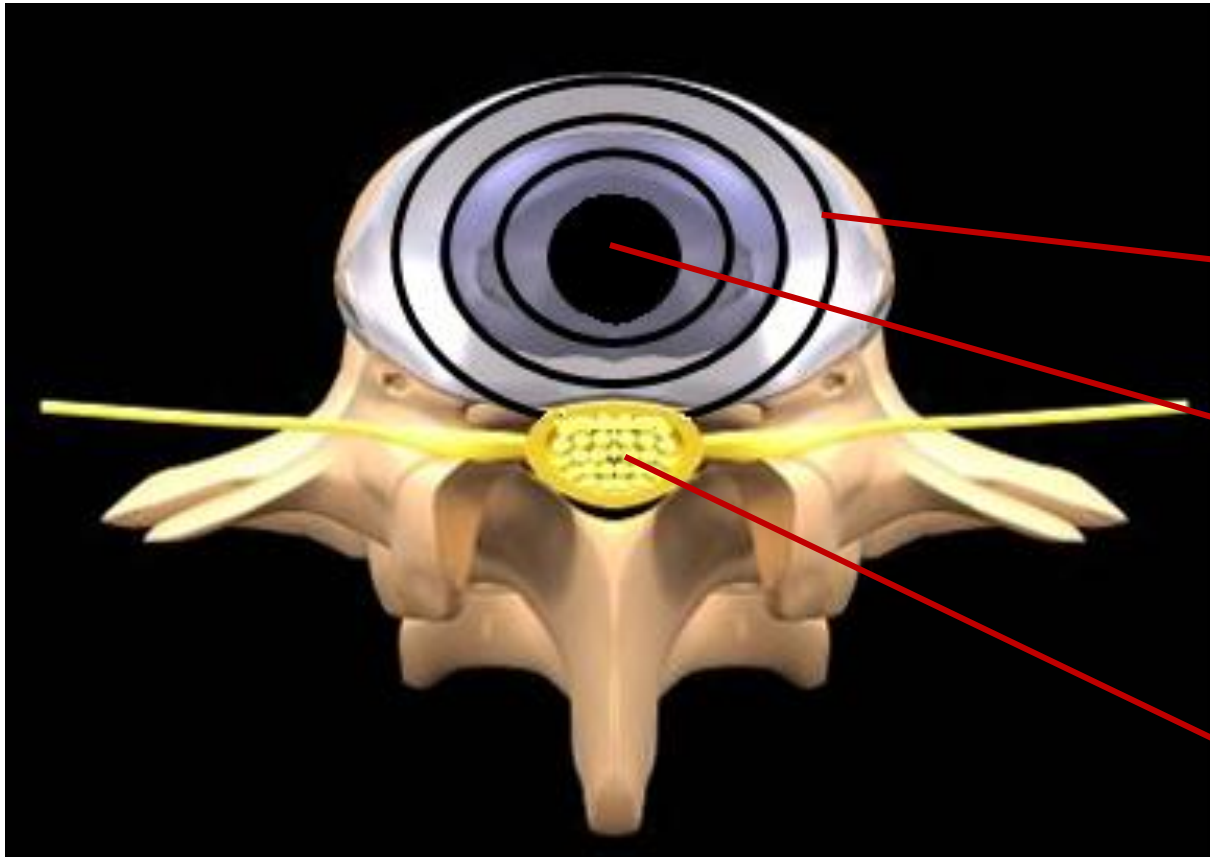
# Anatomy – the spinal column:



1. Structure (keep us upright)
2. Protect the spinal cord
3. Allow for flexibility & mobility

Notice the natural S curve of the spine

# Anatomy – the disc:

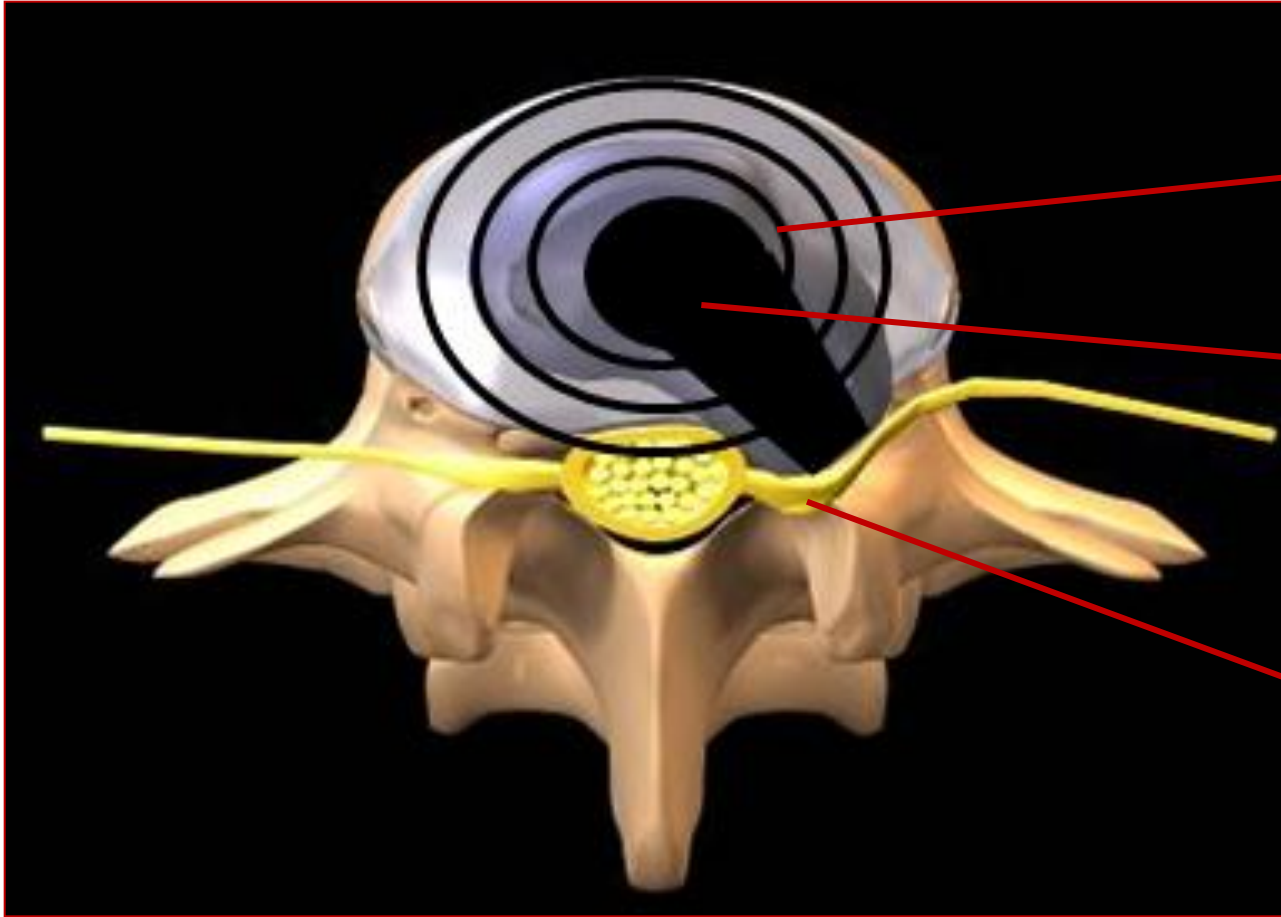


**Disc Rings**

**Bubble**  
(nucleus)

**Nerve**

# Anatomy – the disc bulge:



**Disc Rings**

**Bubble  
(nucleus)**

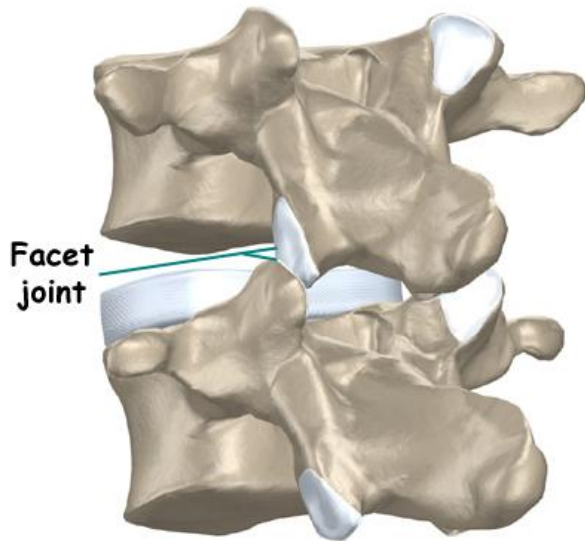
**Nerve**



**amcor**

Onsite Health Solutions © 2008

# Anatomy – Joints:



Joints contain fluid which reduces friction.

# Principle 1 – *Mobility*



**Q: What does Tinman do every day?**

**A: He oils his joints to get moving!**

Moving the joints makes the Cynovial Membrane secrete this Cynovial Fluid which oils and warms our joints.



**amcor**

Onsite Health Solutions © 2008



# Principle 1 – *Mobility*



## Activity: Lubricate your joints by oiling them

### SHOULDER ROLLS



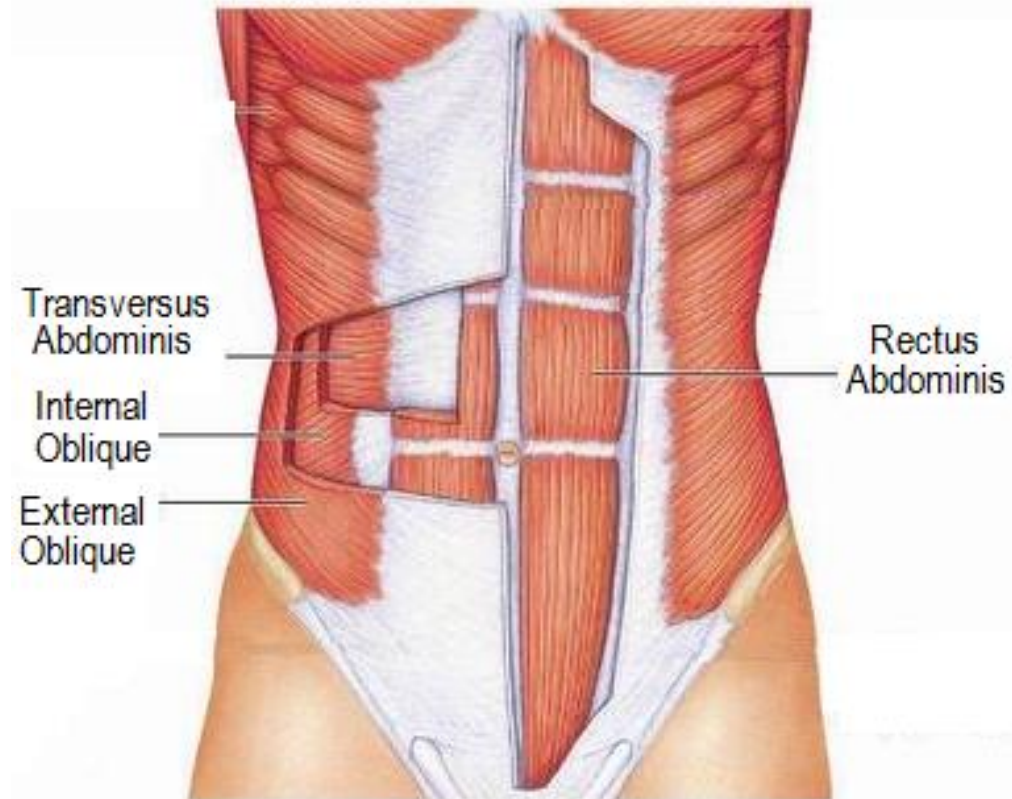
# Anatomy – Abdominal Muscles:



## 1. Superficial Layer



## 2. Deep/Core Layer



Our core abdominals wrap around us like a corset which protects the spine



# Principle 2 – Core Stability



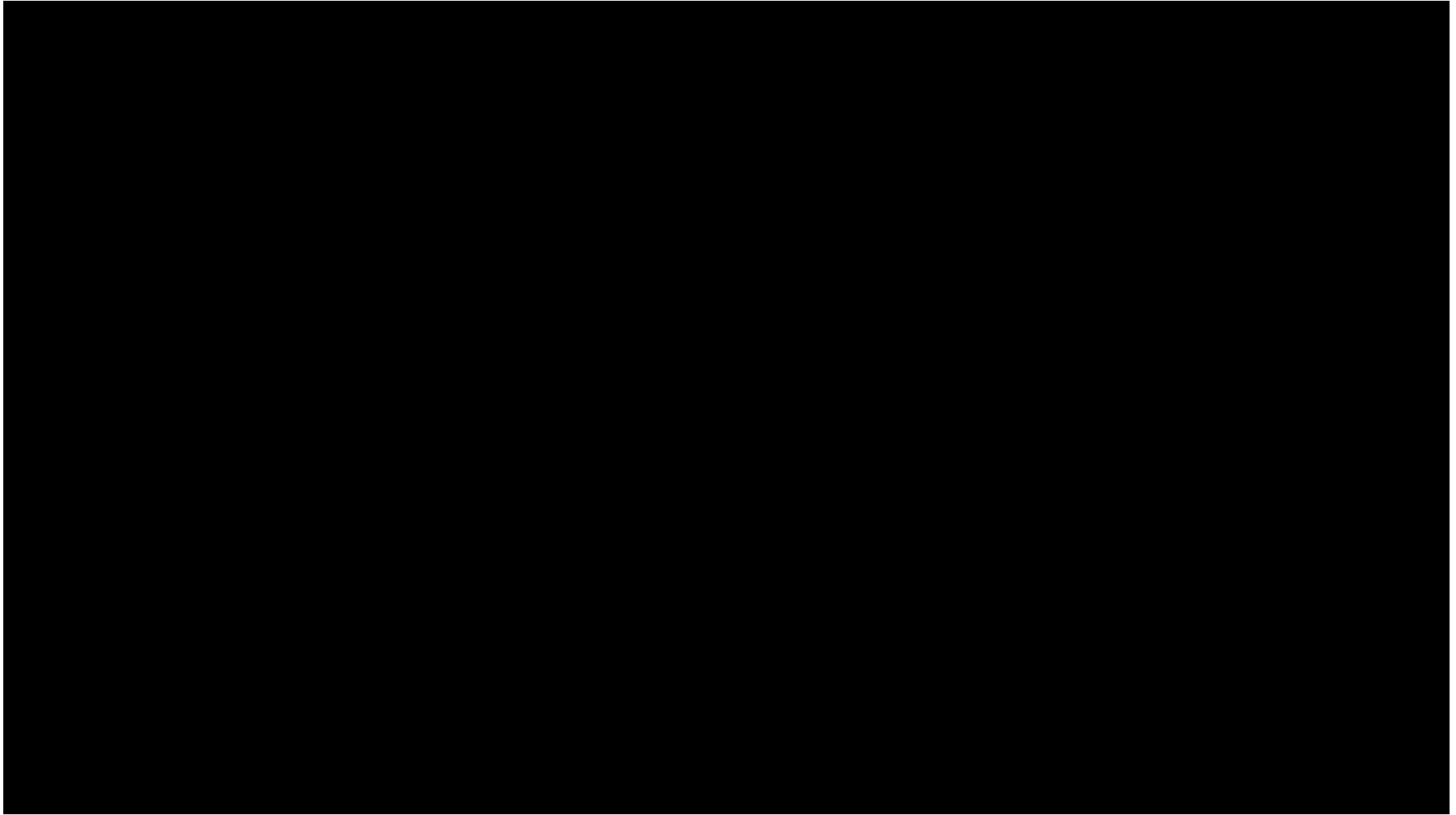
## Activity: Activate your core muscles



**amcor**

Onsite Health Solutions © 2008

# Principle 2 – Core Stability



**amcor**

Onsite Health Solutions © 2008

# Principle 2 – Core Stability



## The Plank Test



If you have pain or discomfort stop this exercise immediately

# Principle 2 – Core Stability



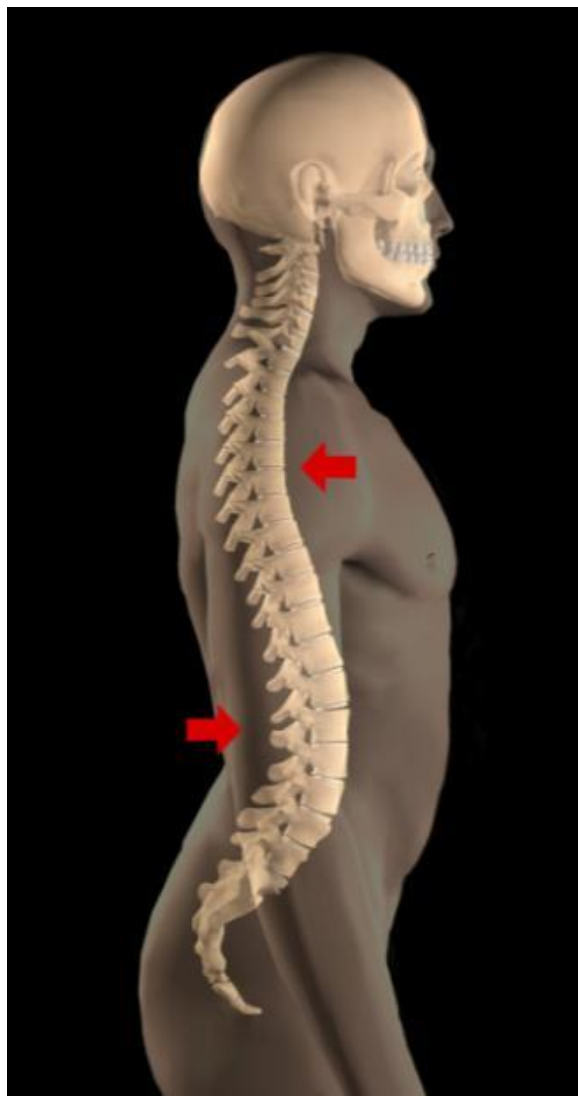
**Q: How often do you need to Brace?**

All the time!

It will soon become automatic



# Principle 3 – *Adopt a SafeSpine*



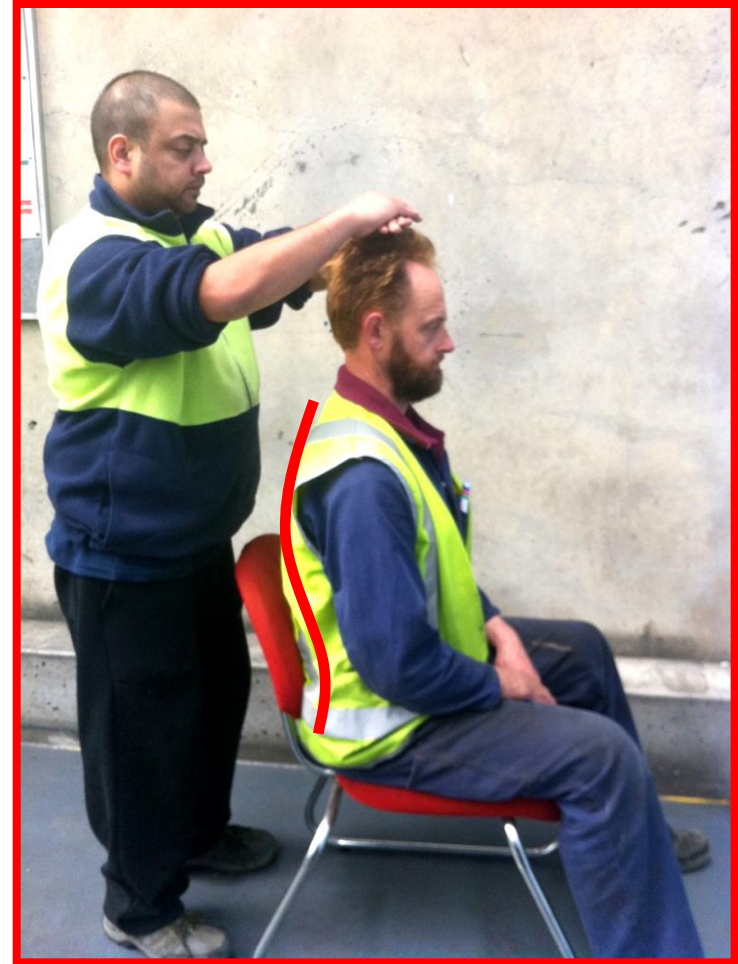
# Principle 3 – *Adopt a SafeSpine*



# Principle 3 – *Adopt a SafeSpine*



## What is a SafeSpine when *sitting*?



# Principle 3 – *Adopt a SafeSpine*



## Driving a forklift



- Sit with a SafeSpine
- Vary rotation when reversing
- Re-set as often as possible

## Sitting

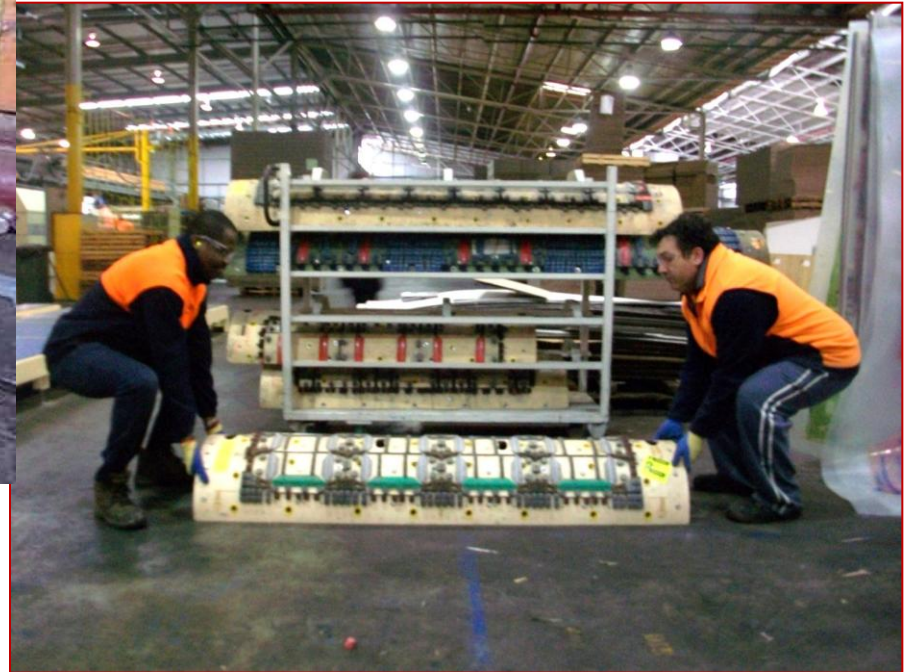


- Sit with a SafeSpine:
  - Back straight
  - Pelvis rolled forward
  - Shoulders back
- Re-set as often as possible

# Principle 3 – *Adopt a SafeSpine*



## Lifting



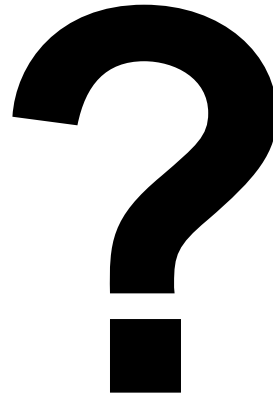
**amcor**

Onsite Health Solutions © 2008

# Principle 3 – *Adopt a SafeSpine*



**Q: Is a SafeSpine always possible?**



**amcor**

Onsite Health Solutions © 2008

# Principle 4 – Soft Tissue Creep



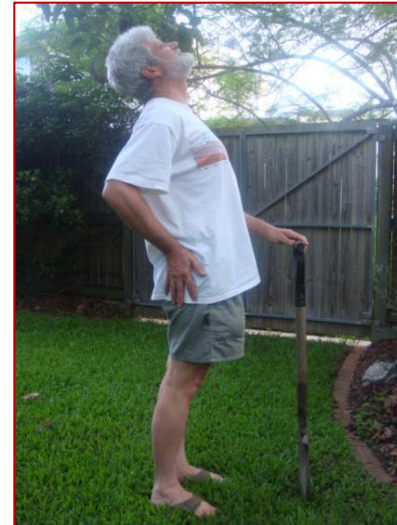
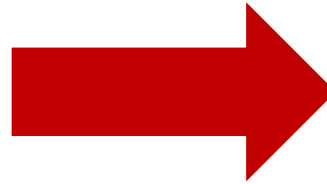
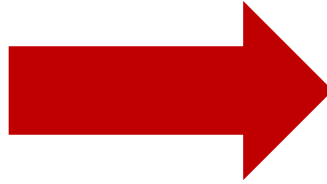
**amcor**

Onsite Health Solutions © 2008

# Principle 4 – Soft Tissue Creep



# Principle 5 – Re-Set



**It is not always possible to have a safeSpin.  
Reset as often as possible**

## *Standing Back Extension*

- Standing tall, place both **hands on the top of your buttocks** (not your back)
- Take a **deep breath in**
- As you **breathe out**, stretch **upwards** and gently **arch backwards** pushing your buttocks down
- Hold for a minimum of **10 seconds**
- Remember to continue **breathing deeply**



# Principle 6 - *Muscle Imbalances*



## **Bicep**

Pulls the lower arm up



## **Tricep**

Pulls the lower arm down

# Principle 6 - *Muscle Imbalances*



## Forward head & shoulder



## *Chest Stretch*

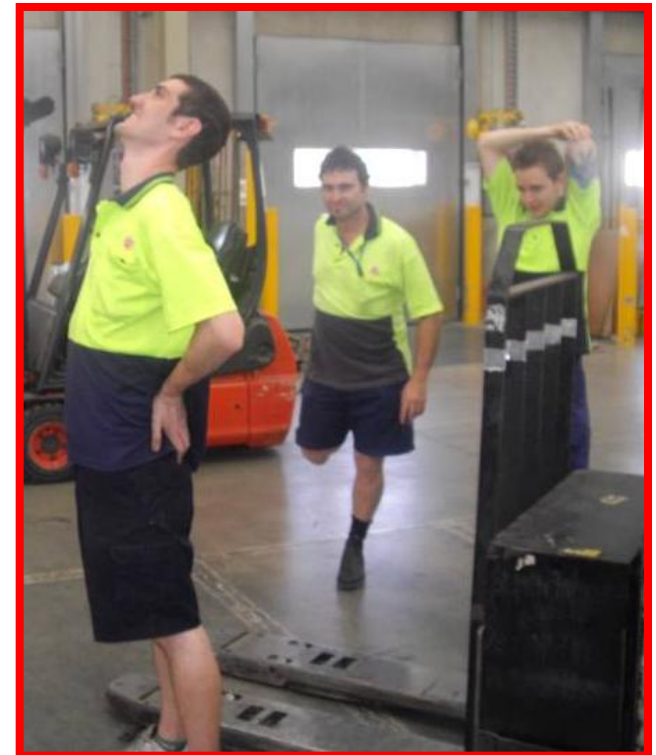
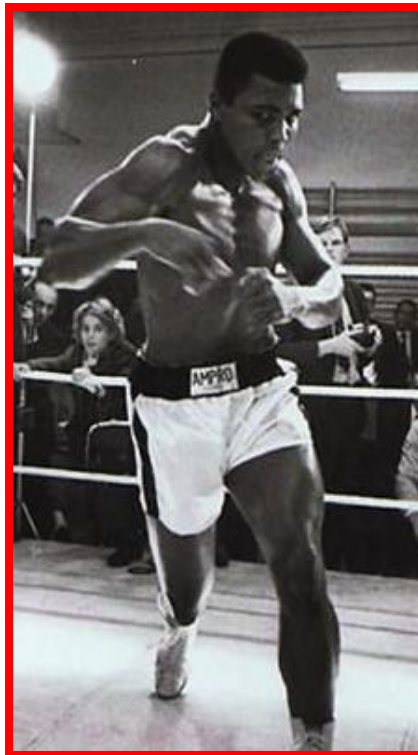
- Stand with your feet shoulder width apart
- Bring both **arms behind your back** and clasp your hands together
- Take a **deep breath in**, standing tall, as you **breathe out** raise your **arms gently up** and away from your body
- Hold for **15-20 seconds**, breathing deeply and slowly



# Principle 7 - *Body Conditioning*

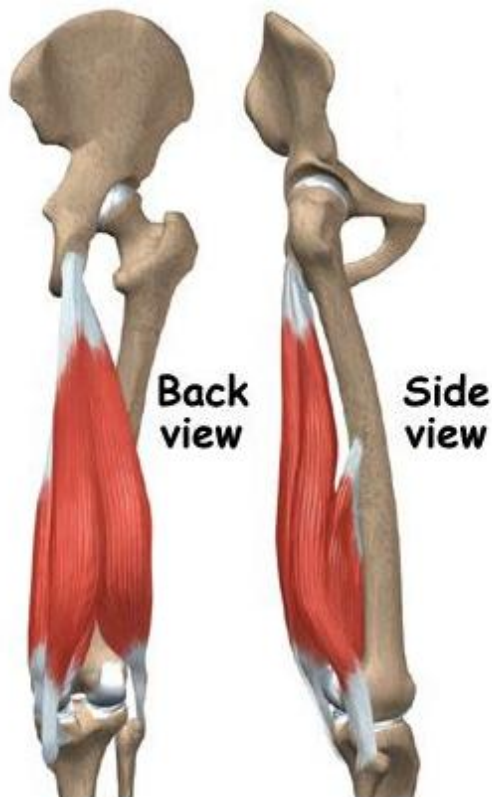
*Body Conditioning is the application of sports science principles to allow people to perform tasks with less risk of injury.*

- Flexibility
- Strength
- Coordination
- Balance
- Proprioception



# Principle 7 - *Body Conditioning*

**Q: What do the Hamstring Muscles have to do with back pain?**



## Hamstring Flexibility



1. Test



2. Stretch



3. Test

# Principle 7 - *Body Conditioning*



## Balance



**amcor**

Onsite Health Solutions © 2008

# Principle 7 - *Body Conditioning*



## Proprioception



**amcor**

Onsite Health Solutions © 2008

## Why do SafeStarts?

- Increase flexibility
- Oil our joints before work
- Improve balance, co-ordination & proprioception





**Thank you.**

