TRANSPOWER

SAFETY START

SAFETY THANKS AND RECOGNITION

7 October 2016

Penrose – Health and Wellbeing Coaching

Background

- Broadspectrum (BRS) reported a number of injuries related to back and knee strains. Investigations showed that most of these were not as a result of heavy lifting or similar activities.
- These injuries were discussed at toolbox meetings and with TP client. BRS proposed a health and wellbeing initiative with a view of preventing injuries as opposed to managing them post event.

What was decided

- BRS took the initiative to investigate ways of training field staff on health and wellbeing and injury prevention options.
- It was decided that a session on site conducted by a health, fitness, and wellbeing professional was the most effective way to coach staff.

What was done

- BRS organised a 30 minute session with a lifestyle coach on-site to demonstrate some warm-ups, stretches and other tips, with the key focus of injury prevention rather than injury rehabilitation.
- Transpower invited other Penrose ODID contractors and Transpower staff to attend the session and also provided a healthy refreshment.
- The session was received well with great buy-in from all attendees. It was very interactive with a lot of questions, concerns and experiences shared by the attending staff and good tips provided by the coach.
- A tailored booklet of the session was produced and supplied to all attending staff.

Recommendations

- Continue to look at and improve on best practices for manual activities such as strong support knee pads.
- Maintain a regular injury prevention routine.
- Encourage others throughout the country to adopt same or similar sessions.

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