



Back Care and Basic Injury Prevention Training

We acknowledge the Traditional Owners of the land

Breakaway is located on Darkinjung country, which extends from the Hawkesbury River in the south, to Lake Macquarie in the north, from The McDonald River and Wollombi up to Mt Yengo in the west, to the Pacific Ocean in the east, and we wish to acknowledge them as Traditional Owners.

We would also like to pay our respects to their Elders, past and present, and to Aboriginal Elders of all nations.

By completing this training session you will

- Understand the importance of caring for your back.
- Review key principles of moving weight.
- Be aware of important lifting techniques.
- Review a series of simple exercises to care for your back and to keep yourself strong and ready for your tasks at Breakaway.

**This online training session should take approximately
40 minutes to complete**

Our Mission Statement

Camp Breakaway is a non-profit, charitable organization committed to enhancing the lives of all people with a disability, at the same time allowing respite for families and carers

**Please take the time to read this
important document**

Link to NDIS Code of Conduct

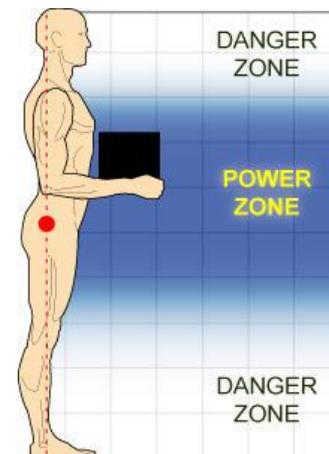
<https://www.nwss.org.au/support/wp-content/uploads/NDIS-Code-of-Conduct.pdf>

Caring For Your Back

In Australia, back pain is the leading cause of work loss days, which costs Australia around \$4.8 billion each year for health care.*

On any given day in Australia, one quarter of the population is suffering back pain, and nearly 80 per cent of adult Australians will experience back pain some time during their lives.

* *Source: Prof. Tim Driscoll, et.al., Annals of the Rheumatic Diseases, University of Sydney (2010)*



Most injuries result from

Poor posture.

Faulty body mechanics.

Loss of strength and flexibility.

General decline in Physical Fitness.

Poor lifting technique.

Prevention of backache and injuries

Postural awareness.

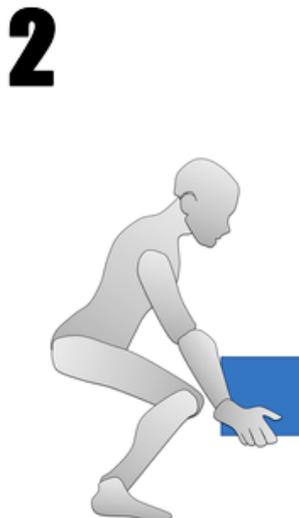
Correct lifting technique.

**Maintenance of strong abdominals, and
coordination of abdominals with gluteal and back muscles.**

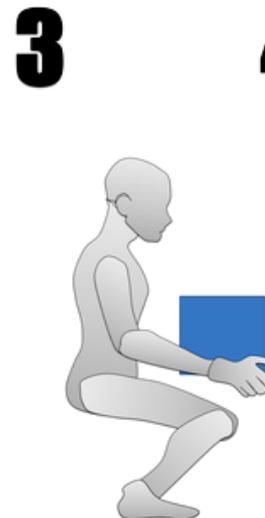
HOW TO LIFT



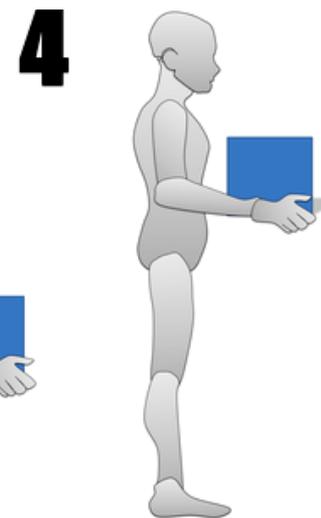
- Get close to the object
- Gloves may improve grip
- Ensure loads are lightweight
- Avoid lifting from the floor



- Bend at the waist
- Use both hands
- Have a good grip



- Keep close to body
- Push up with legs
- Use forearms & thighs to rest load



- Get help, if needed
- Keep it tucked in
- Pivot with your feet, not your back

Principles of Moving Weight

1. **Plan and prepare: how many people and what equipment is needed.**
2. **Clear the area you are moving through and to.**
3. **Keep weight close to your body.**
4. **Use your hips and legs not your back to take weight.**
5. **Minimise reaching and leaning during the lift.**
6. **Use a wide base for support - *Feet Apart*.**

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Principles of Moving Weight

7. **Ensure everyone is in the right position before you move.**
8. **Coordinate with a count - “1,2,3, Lift.”**
9. ***Maintain good posture - a straight back and brace with your abdominal muscles.***
10. ***Pivot on your feet- do not twist your back.***
11. ***Use smooth movements - do not jerk the load upwards.***
12. **Always get help when you need it.**
13. **Use available lifting equipment - *know what is available.***

Make good use of your legs

Use your knees when lifting upwards.

LUNGE by transferring weight from one foot to the other
this involves correct placement of your feet.

PIVOT on your feet - **DO NOT TWIST**
this is a disaster to discs.

Use a wide base of support, in readiness for the unexpected.

Remember when moving people

Where there is the presence of spasm in the guest's arms or legs, do not force movement of these limbs, as it will cause a lot of pain.

Where the guest has low muscle tone (floppy or flaccid) in their limbs, do not pull on these limbs as this is very painful, and the shoulders can partially dislocate.

If possible, place the affected limb in a supported position.

GET HELP WHEN YOU NEED IT!

The Key To Strengthening Your Back

Core muscles in the torso of the body, including the abdomen, middle back, lower back, hips and sides, work together to help stabilize the body, transfer energy from the legs to the upper body, and transfer energy from the upper body to the legs.

The exercises on the following slides will strengthen your core, and, therefore, serve as prevention against back and other muscle injury.

Exercises To Strengthen Your Body



What this exercise does

This exercise strengthens the spinal extensor muscles and deep spinal stabilizers, which support your spine, and builds strength and stability in your buttocks, lower back and shoulders.

It also promotes proper posture and increases range of motion.

How to do this exercise correctly

Kneel with knees hip-width apart and your hands firmly placed on the ground about shoulder-width apart. Brace the abdominals.

Point one arm straight out in front and extend the opposite leg behind you. You should form one straight line from your hand to your foot, keeping your hips squared to the ground.

Hold for a few seconds, then return your hands and knees to the starting position.

Aim to complete 5 reps per side, a total of 10 reps per day.

Exercises To Strengthen Your Body



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What this exercise does

This exercise activates the stabilizing muscles of your lower back and buttocks, and offers additional benefits to your hamstrings.

It is an important core-stabilizing movement for helping improve your posture.

How to do this exercise correctly

Lie on your back on the floor, with your knees bent and your feet flat on the ground. Keep your arms at your sides with your palms down.

Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze your glutes hard, and keep your abdominals drawn in so you don't over extend your back during the exercise.

Hold your bridged position for a couple of seconds before easing your hips back to the floor.

Aim to complete 10 reps per day.

Exercises To Strengthen Your Body



What this exercise does

This exercise engages your core and many major muscle groups of the upper and lower body.

How to do this exercise correctly

Take a modified push-up position with your elbows about shoulder-width apart. All your weight resting on your elbows, forearms and toes, and your body should be parallel to the ground.

The back of your head through to your heels should form a straight line.

Squeeze your abdominal muscles, and hold for about 10 seconds before releasing.

Aim to complete 10 reps per day, gradually increasing the time you hold the position until you can hold for 1 minute each time.

Exercises To Strengthen Your Body



What this exercise does

This exercise helps mobilize the back, reduce stiffness and increase flexibility in your trunk without irritating your neck.

When performed on a regular basis, this exercise can also help increase endurance at work, boost your athletic performance and improve your posture.

How to do this exercise correctly

Kneel with your hands on the floor with your fingers pointing forward, with your hands shoulder-width apart. Your knees should be hip-width apart.

Slowly hollow your back, at the same time gently raising your head. Hold for a few seconds and return your body to the starting position.

Slowly arch your back, at the same time gently lowering your head. Hold for a few seconds and return your body to the starting position.

Aim to complete 5 reps of both movements per day.

Exercises To Strengthen Your Body



What this exercise does

This exercise is a safe and effective way to strengthen and stabilize your core, spine and back muscles. This improves your posture, and helps relieve and prevent lower back pain.

It will also help improve balance and coordination.

How to do this exercise correctly

Lie down with your shoulders and lower back on the floor.

Draw your shoulders down away from your ears. To get into the starting position, lift your hands so your elbows are above your shoulders, and extend your fingers. Lift your legs so that your knees are directly above your hips.

On an exhale, slowly lower your right arm and your left leg until they are both just above the floor.

On an inhale, bring them back to the starting position.

Repeat with the left arm and right leg.

Aim to complete 5 reps per side, a total of 10 reps per day.

Exercises To Strengthen Your Body



What this exercise does

This exercise strengthens the spinal stabilization muscles of your lower back.

How to do this exercise correctly

Lie face down, with your legs together, and your hands extended out in front of you.

On an exhale, slowly lift your upper body and legs off the floor.

Breathe in, and hold the position for 10 seconds before slowly lowering your upper body to the floor.

Rest, and repeat.

Aim to complete 5 reps per day, gradually increasing the time you hold the position until you can hold for 1 minute each time.

Exercises To Strengthen Your Body



What this exercise does

This exercise helps improve your balance by strengthening your abdominal muscles.

Strong core muscles improve your posture, which helps you function efficiently in everyday life, and in sporting events.

How to do this exercise correctly

Lie on your back with your head lifted off the floor, and your legs in the vertical position.

Keeping your left leg upright, slowly lower your right leg toward the floor.

Pause for a few seconds when your left leg is as low as you can get it without your heel touching the floor, then raise it to the vertical position.

Alternate your legs throughout the exercise.

Aim to complete 5 reps on each side, a total of 10 reps per day.

Exercises To Strengthen Your Body



What this exercise does

This exercise stretches the muscles and ligaments of your back, strengthening your core, and improving your posture.

How to do this exercise correctly

Lie on your back on the floor with your knees bent at a comfortable angle, your feet flat on the floor, and hip-width apart, arms by your side.

Gently press the small of your back down onto the floor, and tilt your pelvic bone slightly upwards. Hold for 3 seconds, and return to the neutral position.

Gently raise the small of your back, and tilt your pelvic bone slightly downwards. Hold for 3 seconds, and return to the neutral position.

Aim to complete 5 reps of each movement, a total of 10 reps per day.

Exercises To Strengthen Your Body



What this exercise does

This exercise helps build stability in the deep core muscles of your spine, as well as providing a great workout for your abdominal muscles.

How to do this exercise correctly

Lie on your back on the floor with your arms placed by your sides. Raise both your legs to the vertical position, keeping your knees and feet together.

Slowly lower both legs toward the floor, keeping your knees and feet together.

Pause at about 60° and 30° from the floor, and then lower your legs to near the floor. Your heels should not touch the floor.

Return your legs to the vertical position, then repeat.

Aim to complete 10 reps per day.

Exercises To Strengthen Your Body



What this exercise does

This exercise builds core stamina, while also improving your core strength, balance and agility.

How to do this exercise correctly

Assume a normal push-up position, with your weight on your hands and toes. Hands should be shoulder-width apart, and feet together.

In one quick but controlled movement, bring your right knee forward to your chest, without touching your right toes to the floor.

Switch feet by returning your right foot to its original position, while at the same time bringing your left foot forward to your chest. Each of these movements should be done deliberately and carefully.

Aim to complete 5 reps on each side, a total of 10 reps per day.

Exercises To Strengthen Your Body



What this exercise does

This exercise engages all your abdominal muscles.

It is excellent for building core strength, and toning your thighs.

How to do this exercise correctly

Lie on your back on the floor with your pelvis in a neutral position, and your legs raised slightly off the floor. Place your hands behind your head.

Slowly bring your left elbow and right knee together, rotating your torso to accomplish the movement.

Switch sides, extending your right leg, and bring your right elbow and left knee together.

Aim to complete 5 reps on each side, a total of 10 reps per day.

Exercises To Strengthen Your Body



What this exercise does

This exercise helps to improve your balance by strengthening your abdominal muscles.

Strong core muscles improve your posture, which helps you function efficiently in everyday life, and in sporting events.

How to do this exercise correctly

Lie on your back on the floor with your knees bent and your feet flat on the floor.

Place your hands behind your head so that your thumbs are behind your ears. Don't interlace your fingers. Hold your elbows out to the sides, but slightly rounded in. Tilt your chin slightly, leaving space between your chin and your chest.

Gently pull your abdominals inward. Curl up and forward so that your head, neck and shoulder blades lift off the floor.

Hold for a few seconds and then gently lower back down to the floor.

Aim to complete 10 reps per day.

Warming up before exercise

It is vital to warm-up before exercise, and to cool down and stretch afterwards (stretches before are optional).

A basic warm-up should last at least 5 minutes, and should consist of gentle movements to warm up your muscles.

The rule is to start slowly and build up.

A warm-up helps prevent injuries, and improves your performance.

Cool down after exercise

Make sure you always finish exercise with a cool down to allow your body to recover.

A basic cool down should last for at least 5 minutes, and should consist of gentle movements and light stretches to cool down your muscles.

A cool down allows your heart rate and breathing to return to normal.

It is also a good way to relax, and to focus on what you have achieved.

Important!

If you have any illness or injuries that could be aggravated by physical activity, then seek advice from your doctor before undertaking exercise or increasing your exercise levels.

If you feel dizzy, faint, or are in any pain while exercising, **STOP! and seek medical advice.**

Make sure you exercise in a safe place, with plenty of room to move your legs and arms without hitting anything.



**Thank you for
completing this
online training
session.**

Any Questions?
(See following page)



For more information

Please visit our website @

www.breakaway.org.au

or visit Facebook @

<https://www.facebook.com/campbreakaway>

or contact Breakaway on

(02) 4390 7624

Please continue to next slide 

Please exit 'Slide Show' mode now

Enter your details on the following slide to certify that you have completed this training module.

Then print out the completed slide, sign it, and deliver or send it to Breakaway.

We will use this information to update your volunteer record in our database to show that you have completed this training module.

This completed form is the only evidence that the module has been completed that Breakaway is able to accept.

Certification of completion of Module #3: Back Care and Basic Injury Prevention training session

**I have read and understand the Camp Breakaway Module 3
& agree to abide by the principles as outlined in this module.**

Name: _____

Date Completed: _____

Signature: _____

Please print out this completed form, sign it, and either deliver or send it to Breakaway.

We will use this information to update your volunteer record in our database to show that you have completed this training module.