



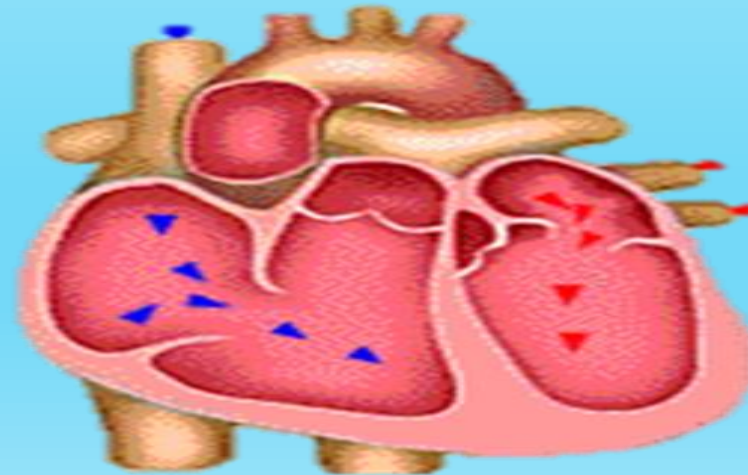
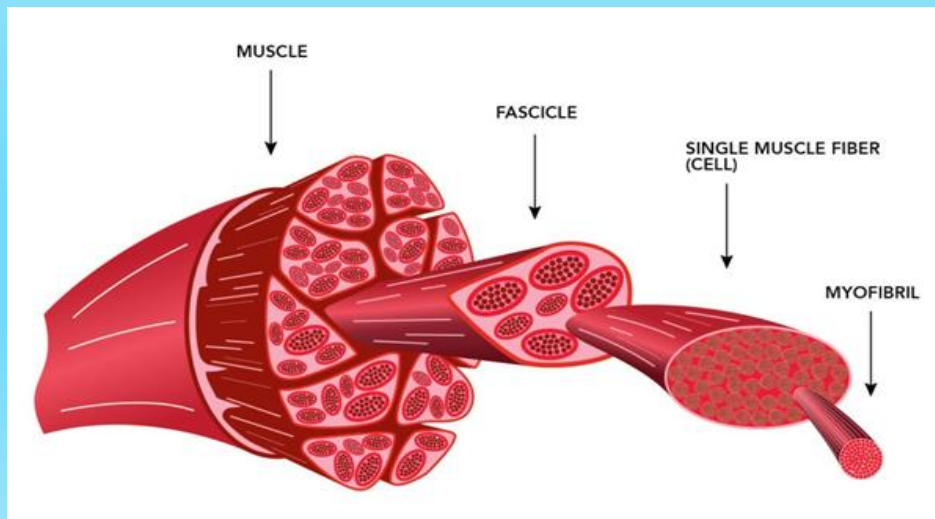
Pulp & Paper Safety Association New Technology Showcase 2022

BRETT MOORE
Moore Wellness Systems

2022 PPSA Safety and Health
Conference

WHY WARM-UP BEFORE WORK?

We Can Talk All Day About The Physiological Benefits of a Proper Warm Up and Soft Tissue Injury Prevention



WHY WARM-UP BEFORE WORK?

- **Increases blood flow:** More blood flow means less stress on the heart.
- **Boost Energy Level:** Prompts hormonal changes in the body responsible for regulating energy production.
- **Improves Joint Movement:** This allows your large joints (such as your shoulders & knees) to reach their maximum movement potential.



RANGE OF MOTION INCREASES



Less Stress on Heart



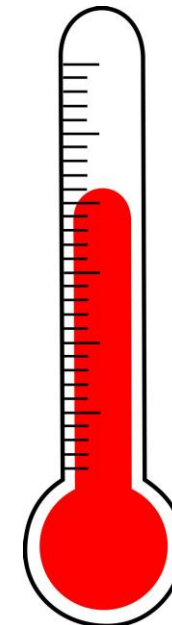
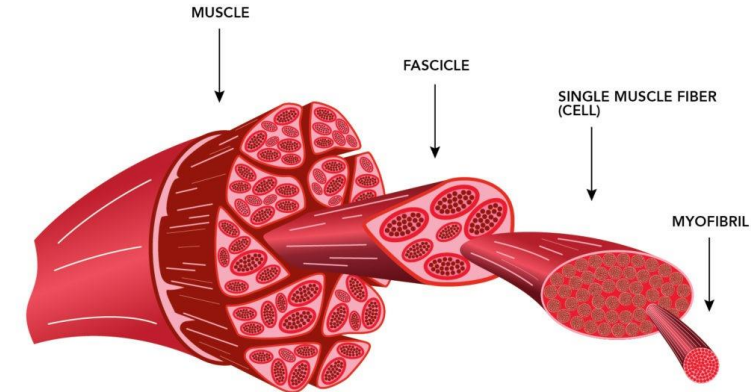
Boost Energy

WHY WARM-UP BEFORE WORK?

benefits

Important Reminder about Flexibility/Stretching/ROM/ Warm Up/ Cool Down/Dexterity Program

- HOW TO STRETCH
- HOW NOT TO STRETCH
- MAKE SURE YOU TEACH YOUR EMPLOYEES THE RIGHT WAY TO PARTICIPATE
- MAKE SURE YOUR STRETCHING PROGRAM COORDINATORS KNOWS WHAT THEY ARE DOING!



WHY Cool Down after WORK?

- Extremely Important Aspect of Injury Prevention
- Stretching has shown consistent results in preventing/ reducing delayed onset muscle pain (DOMS) and increasing healing rates.

benefits



Dynamic Warm-Up



Neck Rotations
Rotate neck Clockwise, Counter-Clockwise.

20sec. each direction



Shoulder Circles
Arms parallel to floor, rotate forward, then backward.

20sec. each direction



Dynamic Chest/Back
Cross arms in front, return starting position. Repeat.

10 reps



Trunk Rotations
Feet shoulder width, stationary. Rotate at waist left and right.

20 reps



Active Knee Raises
Feet shoulder width apart. Bring knees upward in marching motion.

10 reps each knee



Hip Circles
Standing upright, lift leg to 90 degrees, rotate hip outward, plant foot on floor, repeat

10 reps each hip



Lunge with a Twist
Keep shoulders upright, drop to knee with 90-degree bend, twist torso in direction of up knee. Knee issues: perform lunge at 45 degrees

10 reps each side



Calf Raises
Lift up on toes, control weight back down.

15 reps

Paper Machine

Dynamic Warm-Up



Neck Rotations
Rotate neck Clockwise, Counter-Clockwise.

20sec. each direction



Shoulder Circles
Arms parallel to floor, rotate forward, then backward.

20sec. each direction



Dynamic Chest/Back
Cross arms in front, return starting position. Repeat.

10 reps



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Feet shoulder width, stationary. Rotate at waist left and right.

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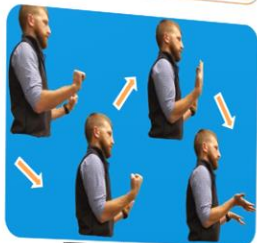
10 reps each knee



Forearm Stretches
Elbows straight. Pull wrist back, then push forward. Don't overstretch!

5 x 10sec. each arm

Maintenance



Full Hand/Empty Hand
Elbows 90 degrees. Make fists with palms down, wrist up. Flex wrist down, rotate palms up, open hands, splay fingers. Reverse motion to beginning.

10 reps



Tendon Gliding
Start in straight position, slowly move through progression (L to R). Reverse.

10 reps





WHY having an existing program is necessary

- “Continuing with the already existing program of stretching does not constitute medical treatment beyond first aid for recordkeeping purposes. Provided the employee did not receive any other treatment, restricted work activity or job transfer, the case does not meet the recording criteria under 1904.7.”



<https://www.osha.gov/laws-regs/standardinterpretations/2015-12-14-1>



- (ii) **What is “first aid”?** For the purposes of part 1904, “first aid” means the following:
- (A) Using a non-prescription medication at nonprescription strength
 - (B) Administering tetanus immunizations (other immunizations, such as Hepatitis B vaccine or rabies vaccine, are considered medical treatment);
 - (C) Cleaning, flushing or soaking wounds on the surface of the skin;
 - (D) Using wound coverings such as bandages, Band-Aids, gauze pads, etc.; or using butterfly bandages or Aids (other wound closing devices such as sutures, staples, etc., are considered medical treatment);
 - (E) Using hot or cold therapy;
 - (F) Using any non-rigid means of support, such as elastic bandages, wraps, non-rigid back belts, etc. (devices with rigid stays or other systems designed to immobilize parts of the body are considered medical treatment for recordkeeping purposes);
 - (G) Using temporary immobilization devices while transporting an accident victim (*e.g.*, splints, slings, neck collars, back boards, etc.).
 - (H) Drilling of a fingernail or toenail to relieve pressure, or draining fluid from a blister;
 - (I) Using eye patches;
 - (J) Removing foreign bodies from the eye using only irrigation or a cotton swab;
 - (K) Removing splinters or foreign material from areas other than the eye by irrigation, tweezers, cotton swabs or other simple means;
 - (L) Using finger guards;
 - (M) Using massages (physical therapy or chiropractic treatment are considered medical treatment for recordkeeping purposes); or
 - (N) Drinking fluids for relief of heat stress.

29 CFR 1904.7(b)(5)(ii)

[https://www.ecfr.gov/current/title-29/subtitle-B/chapter-XVII/part-1904/subpart-C/section-1904.7#p-1904.7\(b\)\(5\)\(ii\)](https://www.ecfr.gov/current/title-29/subtitle-B/chapter-XVII/part-1904/subpart-C/section-1904.7#p-1904.7(b)(5)(ii))



WHY having an existing program is necessary

- Have Some Fun With Your Program
- Make It Comprehensive
- Roll It Out Safely
- Consider A Post Shift Program
- Help Your Employees Avoid Soft Tissue Pain

Thank You and Have a Safe Day

Brett Moore, Moore Wellness Systems, LLC

