



STAND TALL!

Remember to engage your core muscles while performing tasks. A strong core enhances balance and stability.



Correct
Orientation
Regarding
Ergonomics



STAND TALL!

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October 2020 Safety Campaign



STAND TALL!

A special thank you to the members of the AWEA Safety Campaign Working Group for designing and contributing to the 2020 Safety Campaign.



STAND TALL!

AWEA's October safety campaign "Stand Tall" focuses on sprains and strains working in the nacelle. Campaign materials provide an overview of sprains and strains, symptoms, and ways to prevent injury. The campaign also addresses the ways dynamic stretching can support working in the nacelle.



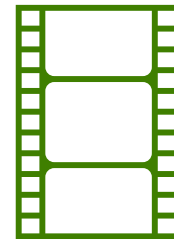
STAND TALL!

Ways You Can Participate in the Campaign

- View the webinar recording with your team.
- Download the materials and share on your company intranet.
- Use the materials in your training and safety meetings.
- Print the posters and display in common areas.
- Order stickers and share with your team, email safety@awea.org.



Safety Campaign Materials



STAND TALL!



The webinar features an interview with Adam Simoes, Workplace Services Director, Occupational Therapist, County Physical Therapy, LLC

Webinar

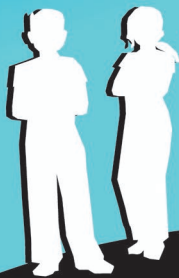


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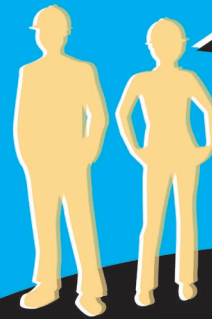
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Posters



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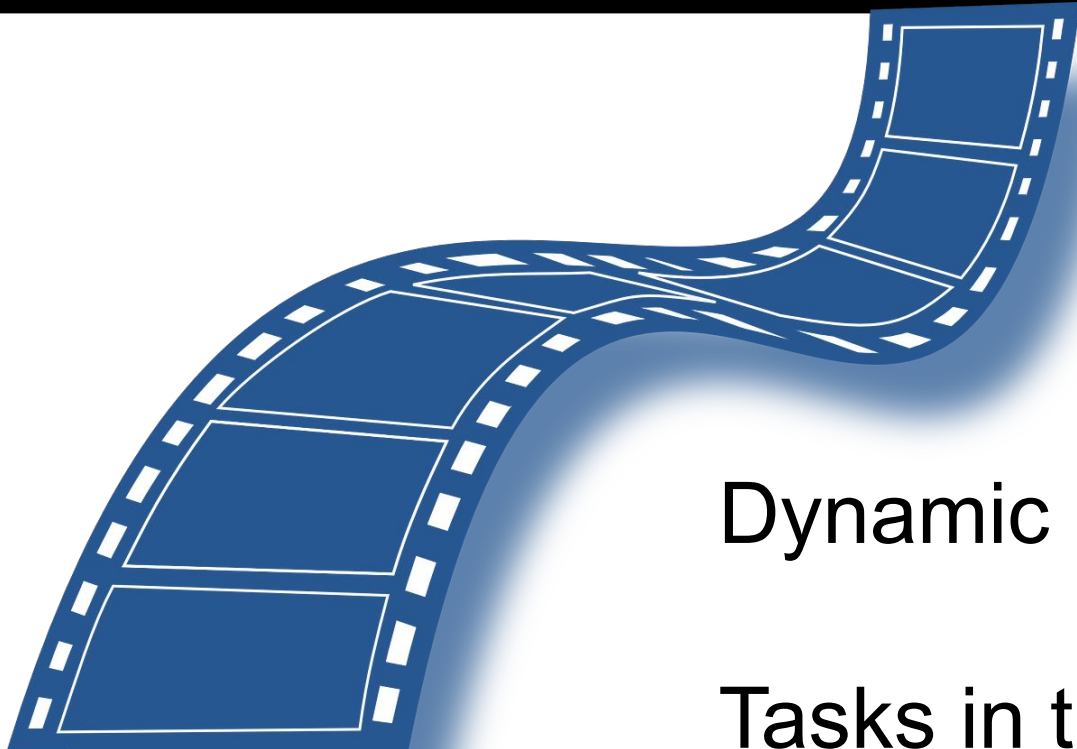


AMERICAN WIND ENERGY ASSOCIATION

Stickers

A decorative header featuring a blue sky background with five white wind turbines of varying heights. To the right, a black speech bubble with a white outline contains the text "STAND TALL!" in bold, yellow, sans-serif capital letters.

STAND TALL!



Dynamic Stretching Video

Tasks in the Nacelle Video

Videos



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Fitness for Work Guidelines

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PowerPoint Presentation

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Documents



STAND TALL!

Use this presentation for:

- Awareness
- Safety meetings
- Training





U.S. Bureau of Labor Statistics (BLS)

Most-Common Non-Fatal Workplace Injuries – 2019 BLS Data

Sprains, strains, and tears (approximately 35 incidents per 10,000 full-time workers)



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AWEA Safety Data

Top Injuries in the WTG

Sprain or strain



Injury Type: Sprain and Strain

Handling, lifting or carrying



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About Sprains and Strains

Soft tissue injuries may be sudden (acute) or long-standing (chronic). Healing depends on factors including the type of tissue and severity of injury, treatment undertaken, previous injuries, and the age and general health of the person.



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What are sprains and strains?

A **sprain** is an injury to a ligament (tissue that connects two or more bones at a joint). When a sprain happens, one or more ligaments is stretched or torn.

A **strain** is an injury to a muscle or tendon (fibrous cords of tissue that connect muscle to bone). In a strain, a muscle or tendon is stretched or torn.



Symptoms of Sprains and Strains

The symptoms of a sprain or strain may include:

- pain
- swelling
- stiffness
- reduced efficiency of function.



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Back Strains and Sprains: Prevention

- Maintain a healthy weight. Excess weight puts added stress on the structures of the lower back.
- Exercise regularly, including dynamic stretching, to keep your joints flexible and your muscles in good condition.
- Practice safety measures to help prevent falls, such as wearing shoes that fit properly, and keeping stairs and walkways free of clutter.



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Back Strains and Sprains: Prevention

- Use good body mechanics when sitting, standing and lifting. For example, try to keep your back straight and your shoulders back.
- When sitting, keep your knees bent and your feet flat on the floor. Don't over-reach and avoid twisting movements. When lifting, bend your knees and use your strong leg muscles to help balance the load.



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Benefits of Dynamic Stretching



Stretching
Reduces Fatigue



Stretching
increases blood
supply and
nutrients to joint
structures and
soft tissues.



Stretching
increases soft
tissue
temperature and
allows for greater
elasticity of
tissues.



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Stretch

Stretching increases joint synovial fluid (lubricant for bones and articular cartilage) that allows greater range of motion and reduces joint degeneration.

Stretch

Stretching increases a joint's ability to move through a greater range of motion with less energy required to do so.

Stretch

Stretching decreases tightness and resistance in tendons and muscles.



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Stretching improves muscular balance and posture



Soft tissue structures often adapted poorly to effects of gravity and poor postural habits.



Stretching realigns soft tissue structures, thus reducing effort to achieve & maintain good posture in activities of daily living.





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Stretching Improves Muscle Coordination

Stretching enhances nerve impulse velocity (the time it takes an impulse to travel to the brain and back to the muscle).

Stretching helps opposing muscle groups work in a more coordinated fashion.

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Buy-in:

- Utilize OSHA's "\$afety Pays" program
- Include employees in the process
- Collect data
- Remove ineffective stretches/strategies
- Be in it for the long haul



DATA



KNOWLEDGE



ACTION



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Case Study



Industrial Athlete Program utilizing an app that provides employees access to videos and articles on health and wellness. The program includes a daily video that can be done each morning. The company has noticed the number of ergonomic and soft tissue injuries are down. Employees like the educational information the app provides.



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Case Study



Wellness programs that provide employee support for biometric screening, setting wellness goals, health coaching, being smoke free, and wellness challenges, all to promote healthy living. Some areas of participation offer monetary values to employees/families reduce annual insurance premiums. Employees can access program activities and track rewards through an online account.

Fitness program focused on field teams that outlines a variety of daily 10-15-minute physical preparedness routines. Routines provide different types of scripted movements focusing on cardio and blood flow, balance, coordination, and stretching activates that can be tailored to focus on specific parts of the body.



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Safety Campaign Materials
Available Online
www.awea.org/safetycampaigns