

Assessing Health & Functional Fitness

HEALTH AND SAFETY IN PRACTICE



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HEALTH AND SAFETY IN PRACTICE

Mission Statement Health and Safety Executive (HSE)

‘To prevent death, injury and ill health in the workplaces of Great Britain.’

*Safety-consciousness is an attitude of mind –
develop it!* (NATIONAL COACHING FOUNDATION)



HEALTH AND SAFETY IN PRACTICE

Application/ In Practice

- ▣ Prevention of Injury
- ▣ Environment
- ▣ Equipment
- ▣ Legality Issues – Scope of practice
 - ▣ HSE website – good advice and examples

HEALTH AND SAFETY IN PRACTICE





INJURY PREVENTION

WHAT RISKS OF INJURY ARE THERE FOR YOU OR OTHERS?

- a) At work/ home
- b) On the field
- c) In the gym
- d) The pool



INJURY PREVENTION

WHAT METHODS ARE THERE AVAILABLE TO MINIMISE RISK OF INJURY TO YOU OR OTHERS?

- a) At work
- b) On the field
- c) In the gym



INJURY PREVENTION

- Manual Handling – prevent injury to self and patient
- Baseline information – Cogsport, Screening tests.
- Return to play – Appropriate objective evidence to prove the athlete is fit



ENVIRONMENT

- Emergency Care
 - Where is the Defib/ Equipment in right place?
 - Where is the nearest hospital?
 - Contact details?
 - Fire procedures?
 - Mobile phone charged?

- Playing surfaces

- Weather/ Climate



ENVIRONMENT

ON FIELD MEDICAL EMERGENCY MANAGEMENT

- BASIC FIRST AID
- Have the people involved been appropriately trained?
- Who is the designated first aider?



ENVIRONMENT

Surfaces

- ▣ Grass
- ▣ Astro
- ▣ Hardcore
- ▣ Redgra
- ▣ 3/4G
- ▣ Spring mounted

Pool

- Supervision, Equipment, Policy Rules, Staff instruction



ENVIRONMENT

Heat Related Illness

- Prevalent topic
- Temperatures $>41^{\circ}\text{C}$ considered to be severe heat stroke
- Symptoms – dizziness, nausea, headache, confusion and disorientation which leads to collapse and coma
- Treatment is by immediate cooling (Ice Bath) until the patient starts to shiver

Hyponatremia

- Overhydrated by 2-6L of fluid causing sodium to be flushed out of their system



EQUIPMENT

- Personal protective equipment
 - Management of blood issues
 - Appropriate immunization cover (Hep B)
- Clinical waste/ Sharps
- Protection – gumshields, strapping, padding, helmets, goggles, face masks
- Cleaning equipment - Contract? Policy?
- Electrotherapy
- Taping
- Exercise Machines – are they competent and safe to use?

EQUIPMENT

- Constant equipment use without servicing is likely to require regular repair or replacement
- "out of order" signs should be placed on broken items
- Surfaces that come into contact with human skin should be cleaned and disinfected regularly



LEGAL ISSUES

- Scope of Practice (Personal Trainer, Sports Therapist)
 - CPD up to date?
- Incident reporting – what are the local procedures?
- Child protection – is a DBS required for workplace?
- Supervision – 80% of all court cases regarding sports injuries deal with some aspect of supervision



LEGAL ISSUES

- Scope of Practice
 - <http://www.society-of-sports-therapists.org/flipbooks/Standards%20of%20conduct%20performance%20and%20ethics/index.html>
 - Working where you are proficient to do so, not in areas where you are not trained or up to date.
- Continuing Professional Development



LEGAL ISSUES

Preemptive documentation

- Yellow adverse reaction form
- SAMPLE documentation (Symptoms, Allergies, Meds, Past Medical History, Last Oral Intake, Events)

Incident Form/ Book

- To document accidents in work
- Handover to other medical professionals (ATMIST – Age, Time, Mechanism, Injury, Signs, Treatment)



Scenario 1

- A Gym Instructor has recently developed epilepsy. His employer was concerned that this might increase her risk of personal injury or put others at risk.
- You are the employer. What steps are you going to put in place to manage this issue?



Scenario 2

- Sports Therapist with diabetes
- A Sports Therapist who developed insulin-dependent diabetes was seen by an GP who tried help make arrangements for her to return to work.
- What factors need to be considered from a work and therapist point of view?



Scenario 3

- You are working in the outdoor fitness industry and have to support a colleague with mental health problems
- They wanted to return to work after being off sick with mental health problems.
- How would you look to avoid further work-related stress issues with this type of scenario?