



Service Priorities and Programmes Electronic Presentations

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Tailor-made Stretching Exercise Program

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Introduction

Manual Handling Operation (MHO) incident has ranked top three among other injury-on-duty (IOD) cases in KEC since 2014. Analysis has revealed that poor flexibility, insufficient muscle warm up and muscle strength are common causes leading to manual handling related incidents. Since Dec. 2016, KEC OSH Team and experts in Ergonomics have launched a tailor-made stretching exercise program to design appropriate pre-work stretching exercise according to user units' daily MHO duties for strengthening staff's flexibility, muscle strengths and promoting the importance of stretching exercises. Train-the-trainer approach has been adopted to train up units' representatives. To promote ownership and create an atmosphere for regular exercise, a video clip has been produced and this served as a reference material for promotion

Objectives

- (1)To create an atmosphere for conducting regular stretching exercises within workplaces; and
- (2)To reduce MHO related injury rate

Methodology

- 1.A stock-take exercise was conducted in Nov 2016 for identifying units which requested for providing tailor-made stretching exercise for their staff
- 2.KEC OSH team prioritized the need of the units concerned and experts in Ergonomics had conducted site visit for better understanding the units' daily MHO duties and designing appropriate exercises accordingly.
- 3.Two surveys were conducted before and 3 months after the training so as to acquire the baseline of staff's work patterns, lifestyle and health status
- 4.Effectiveness of the stretching exercise was analyzed with colleagues' feedbacks to further support the units with adjustment of the exercise made, if required.

Result

7 units with about 130 colleagues were trained with the tailor-made stretching exercise. The no. of MHO injury case of these units had decreased by 80% 3 months before and after having the exercise. Although most units were not able to conduct

stretching exercise every day, some colleagues commented that the exercise's duration was appropriate to be conducted before work and it can assist them to better prepare for performing the heavy manual duties. Furthermore, it also assists colleagues in cultivating a habit in doing exercise in their daily life.