

FACILITATOR GUIDE



Introduction

Purpose

The introduction introduces:

- the contributors to strain and injury
- the pain diagram
 - Early Warning Signs vs Late Warning signs
- safety

Facilitator Role

Read out the Safety Brief.

At the end of the introduction the video will automatically stop at the Safety Screen.

Facilitators role is to read out the following:

First Move is an interactive training session which means you are going to be involved in some simple bending, twisting, shoulder, hand, breathing and lifting activities.

None of the physical activities are more strenuous than what you do on a daily basis – however it is important that you keep yourself safe.

If any movement is causing you strain or discomfort, please stop the activity.

Please listen to and follow any instructions during the activities – this is vital to ensure your physical safety and ensure you get the most benefit from the First Move Training

Once you have finished this safety brief – PUSH CONTINUE

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Shoulders

Purpose

The Shoulders section outlines the **Power Position** of the shoulder – and how a small change in shoulder position will affect the strength individuals have and the strain on their neck and shoulder.

Participants will first be asked to watch the activity and then they will participate.

Facilitator Role

1. Participant Set-Up

Make sure that the participants are set up as instructed so they can effectively follow the activities with Alison on the screen.

The video will automatically stop at an activity, and instructions will appear on screen.

Action	Description
Read out the instructions that are on the screen	These need to be read out one by one and ensure that each person has followed the instruction before moving on to the next instruction. For instance, the bullet point instruction for Shoulder Moves are as follows: • Standing • Work in pairs • Select Person A & B • Make sure you can see the screen • Follow Alison's instructions • Downwards pressure is gradual
This is how you would get the group to follow these instructions	• Firstly, get everyone standing • Then once everyone is standing get them to pair up • Once everyone has paired up get them to choose a Person A and a Person B • Once they have paired up make sure they have positioned themselves so they can see the screen. • Remind them to follow Alison's instructions • Remind them the downwards pressure is gradual
Continue playing the video	Push CONTINUE

2. Lead conversation on Power Position principle

Once completed Shoulders ask participants to give feedback on where they could use the Power Position principle in their daily lives.

This could be at work or out of work.

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Hands

Purpose

The Hands section outlines **Pinky Power**, and how using the little finger side of the hand will increase the strength individuals have and any strain on their back, arm, hand, neck and shoulder.

Participants will first be asked to watch the activity and then they will participate.

Facilitator Role

1. Participant Set-Up

Make sure that the participants are set up as instructed so they can effectively follow the activities with Alison on the screen.

The video will automatically stop at an activity, and instructions will appear on screen.

Action	Description
Read out the instructions that are on the screen	These need to be read out one by one and ensure that each person has followed the instruction before moving on to the next instruction. For instance, the bullet point instruction for Pushing Moves are as follows: • Standing • Work in pairs • Select Person A & B • Make sure you can see the screen • Follow Alison's instructions • Pushing pressure is gradual • Person A – if pain in one arm use the other arm
This is how you would get the group to follow these instructions	• Firstly, get everyone standing • Then once everyone is standing get them to pair up • Once everyone has paired up get them to choose a Person A and a Person B • Once they have paired up make sure they have positioned themselves so they can see the screen. • Remind them to follow Alison's instructions • Remind them the pushing pressure is gradual • Instruct person A if they have pain in one arm to use the other arm
Continue playing the video	Push CONTINUE

2. Lead conversation on Pinky Power principle

Once completed Hands ask participants to give feedback on where they could use the Pinky Power principle in their daily lives. This could be at work or out of work.

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Balance

Purpose

The Balance section outlines **moving with balance** when bending, leaning and reaching.

Moving with balance will avoid back strain and injury.

Participants will first be asked to watch the activity and then they will participate.

Facilitator Role

1. Participant Set-Up

Make sure that the participants are set up as instructed so they can effectively follow the activities with Alison on the screen.

The video will automatically stop at an activity, and instructions will appear on screen.

Action	Description
Read out the instructions that are on the screen	These need to be read out one by one and ensure that each person has followed the instruction before moving on to the next instruction. For instance, the bullet point instruction for Hip Joint Moves are as follows: • Standing • Make sure you can see the screen • At least 1 metre space in front of you and behind • Feet shoulder width apart • Always look down to the floor as you do the activity • Follow Alison's instructions • Stop if you feel any discomfort
This is how you would get the group to follow these instructions	• Firstly, get everyone standing • Once standing – make sure everyone can see the screen • Then ask each participant to make sure they have at least a metre clear space in front of them and behind them. A horse-shoe shape around the outside of the room is ideal. (see important note below about set-up with large groups) • Once all participants have ensured they have sufficient space then ask them to have their feet shoulder width apart. • Instruct them to always look down to the floor when they do the activity with Alison • Ask them to follow along with Alison's instructions • Remind them to stop the activity if they experience any discomfort
Continue playing the video	Push CONTINUE

2. Lead conversation on Moving with Balance principle

Once completed Balance ask participants to give feedback on where they could use the moving with balance principle in their daily lives.

This could be at work or out of work.

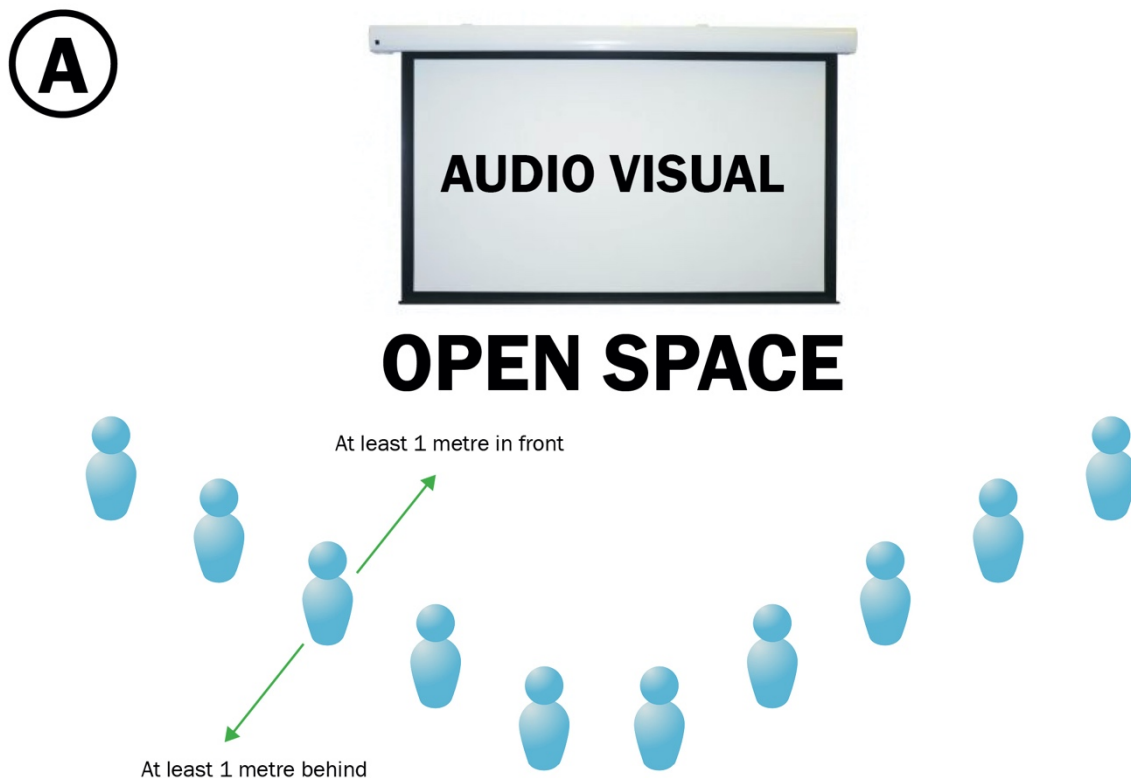
Important Note for large groups

In this activity individuals will be bending down to touch the ground. It is **very** important that they have sufficient space behind them to bend down with confidence.

If they have someone standing behind them that is too close - individuals may feel self-conscious bending down. This means they will not do the activity effectively.

- With a small group it is ideal to have individuals set up in a horse-shoe shape around the perimeter of the room with at least 1 m in front of them and behind them (**see illustration A**)
- If you can't fit everyone around the perimeter of the room you will need to have people in rows. Make sure there is at least 3 m between the rows (**see illustration B**)
- Get females to stand in the back row

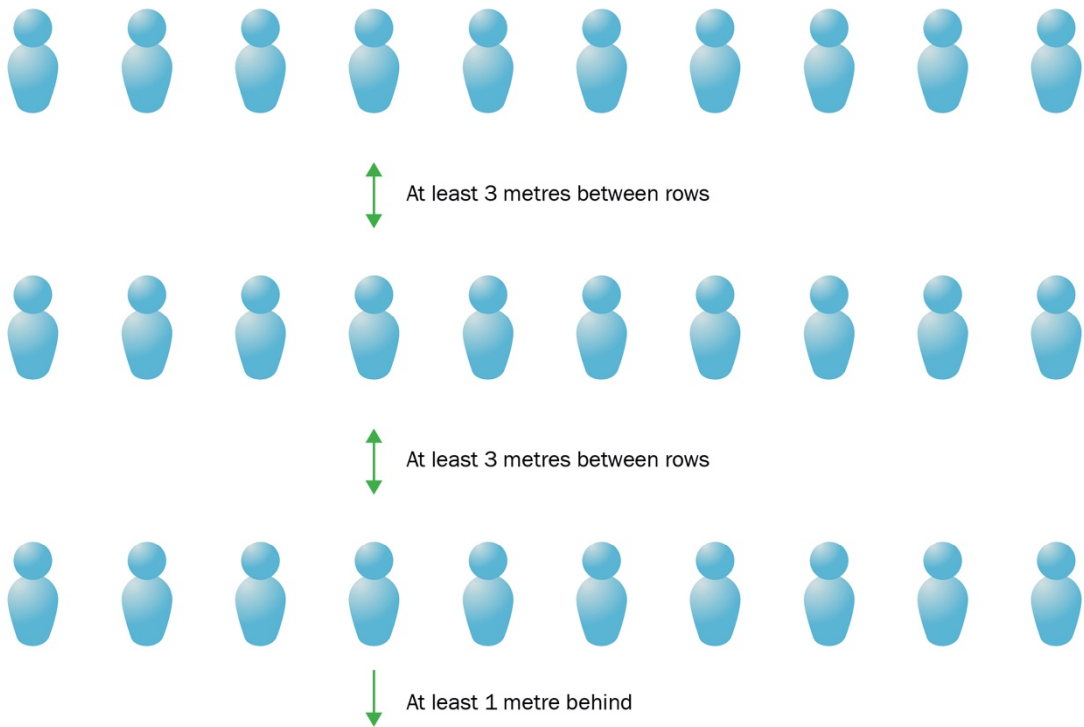
Take the time to set the room up correctly before you start the activity – this is a vital to ensure the activity is done successfully.



B



OPEN SPACE



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Twisting

Purpose

The Twisting section outlines **moving the feet**. Moving the feet will avoid twisting injury on the lower back. Participants will first be asked to watch the activity and then they will participate.

Facilitator Role

1. Participant Set-Up

Make sure that the participants are set up as instructed so they can effectively follow the activities with Alison on the screen.

The video will automatically stop at an activity, and instructions will appear on screen.

Action	Description
Read out the instructions that are on the screen	These need to be read out one by one and ensure that each person has followed the instruction before moving on to the next instruction. For instance, the bullet point instruction for Throwing Moves are as follows: • Standing • Make sure you can see the screen • At least 2 metre space around you • Follow Alison's instructions
This is how you would get the group to follow these instructions	• Firstly, get everyone standing • Once they are standing make sure they have positioned themselves so they can see the screen. • Then ask each participant to make sure they have at least 2 metres of clear space around them • Remind them to follow Alison's instructions
Continue playing the video	Push CONTINUE

2. Lead conversation on Twisting principle

Once completed Twisting ask participants to give feedback on where they could use the 'nose follows toes' principle in their daily lives.

This could be at work or out of work.

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Breathing

Purpose

The Breathing section outlines **Breathing out for Power**. Breathing out with heavy activities increases strength and reduces strain.

Participants will first be asked to watch the activity and then they will participate.

Equipment needed

One chair for every 2 participants. (e.g. if x 20 people need 10 chairs)

- An activity is done with one person sitting in the chair and another person pushing the chair.

The chairs need to be:

- sturdy enough to sustain this pushing action
- **not** on wheels

Facilitator Role

1. Participant Set-Up

Make sure that the participants are set up as instructed so they can effectively follow the activities with Alison on the screen.

The video will automatically stop at an activity, and instructions will appear on screen.

Action	Description
Read out the instructions that are on the screen	These need to be read out one by one and ensure that each person has followed the instruction before moving on to the next instruction. For instance, the bullet point instruction for Power Moves are as follows: • Pair Up • One participant sitting in chair – other standing behind chair • Make sure you can see the screen • At least 2 metre space behind chair • Only push 50% of maximum • Stop if you feel any discomfort • Follow Alison's instructions
This is how you would get the group to follow these instructions	• Firstly, get participants to pair up • Get one of the pair to sit in the chair -the other one standing behind the chair • Make sure they can all see the screen (you may have to re-arrange the participants but make sure you take the time to do this so they can all see the screen) • Ask the people standing to make sure they have at least 2 metres behind them (you may have to rearrange the participants to ensure they have 2 meters behind them but make sure you take the time to do this) • Remind them to only push 50% of their maximum • Remind them to stop the activity if they experience any discomfort • Remind them to follow Alison's instructions

**Continue playing
the video**

Push CONTINUE

2. Lead conversation on Breathing out for Power principle

Once completed Breathing ask participants to give feedback on where they could use the Breathing out for Power principle in their daily lives.

This could be at work or out of work.

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Purpose

The Lifting section outlines **Lifting like a weightlifter**.

Lifting like a weightlifter increases your power and avoids back strain and injury.

Participants will first be asked to watch the activity and then they will participate.

Equipment needed

A 'box or prop' for the lifting activity.

One box for every 2 participants. (e.g. if x 20 people need x 10 boxes)

Box weight:

- between 12kg – 15kg for the majority of individuals
- approx. 10 kg for smaller individuals

Facilitator Role

1. Participant Set-Up

Make sure that the participants are set up as instructed so they can effectively follow the activities with Alison on the screen.

The video will automatically stop at an activity, and instructions will appear on screen.

Action	Description
Read out the instructions that are on the screen	These need to be read out one by one and ensure that each person has followed the instruction before moving on to the next instruction. For instance, the bullet point instruction for Lifting Moves are as follows: • Standing • Make sure you can see the screen • At least 1metre space in front of you and behind • Follow Alison's instructions • Stop if you feel any discomfort
This is how you would get the group to follow these instructions	• Firstly, get everyone standing • Once standing – make sure everyone can see the screen • Then ask each participant to make sure they have at least a metre clear space in front of them and behind them. A horse-shoe shape around the outside of the room is ideal. (see important note below about set-up with large groups) • Ask them to follow along with Alison's instructions • Remind them to stop the activity if they experience any discomfort.

Continue playing
the video

Push CONTINUE

2. Lead conversation on Lifting like a weightlifter principle

Once completed Lifting ask participants to give feedback on where they could use the Lifting like a weightlifter principle in their daily lives.

This could be at work or out of work.

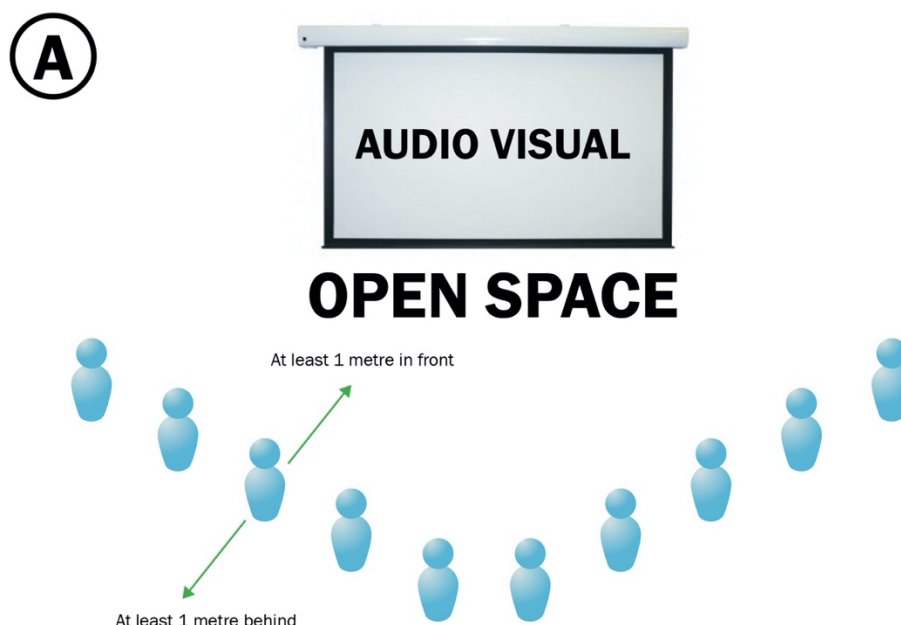
Important Note for large groups

In this activity individuals will be bending to a lifting position. It is **very** important that they have sufficient space behind them to bend down with confidence.

If they have someone standing behind them that is too close - individuals may feel self-conscious bending down. This means they will not do the activity effectively.

- With a small group it is ideal to have individuals set up in a horse-shoe shape around the perimeter of the room with at least 1 m in front of them and behind them (**see illustration A**)
- If you can't fit everyone around the perimeter of the room you will need to have people in rows. Make sure there is at least 3 m between the rows (**see illustration B**)
- Get females to stand in the back row

Take the time to set the room up correctly before you start the activity – this is a vital to ensure the activity is done successfully.



B



OPEN SPACE

