

## SITE REQUIREMENTS

As you are aware Grandstand have various job sites around Adelaide. Although it is our job please remember that it is our clients site. It is important that all of our clients find our overall service as productive and professional as possible. To enable us to win jobs with our current and new clients in the future, please ensure you are incorporating the following actions into your workday:

- Arrive to work on time
- Keep your work area tidy
- Wear uniform and PPE in a professional manner
- Do not swear or make inappropriate comments while in public areas
- Familiarise yourself and implement all safe work practices applicable to the job

## GROUP CERTIFICATES

All group certificates will be emailed out to your provided email address on or before Thursday the 8<sup>th</sup> of July. If your postal or email address has changed please contact us on (08) 7225 1267.



## SAFE WORK PRACTICES

This image may be confronting, but it is the reality of injuries that can occur when safe work practices are not implemented correctly. This injury happened to one of our employees by a circular saw whilst working at home. This image reflects the importance of take 5's and SWMS. Please ensure before starting any new task that you take some time to identify the risks associated and implement all necessary preventative actions, including appropriate PPE. If you deem the job to be unsafe, do not put yourself at risk - contact your supervisor or leading hand immediately.

## WARMING UP

It is no secret that manufacturing and construction workers are often exposed to physically heavy workloads and tough conditions. As the temperature decreases, the importance of warming our muscles before any physical activity increases. Grandstand encourages employees to take part in a 10 minute stretch and flex session, to get your blood circulating for the start of the working day.

Studies have shown that dynamic warm ups elevate the core body temperature, enhance motor unit excitability, improve kinaesthetic awareness and maximises joint movement. By taking a few minutes out of each day to warm up you will; improve your readiness for work, reduce risk of injuries and reduce risk of muscle stiffness and soreness.

Below are examples of simple dynamic stretches we recommend incorporating into your morning routine.

