



**BC Forest Safety**

Safety is **good** business

# HEALTH AWARENESS TIPS FOR BALANCE & AGILITY

## THREE BALANCE & AGILITY EXERCISES

**1**

ONE-LEG  
BALANCE

EXERCISE VIDEO LINK



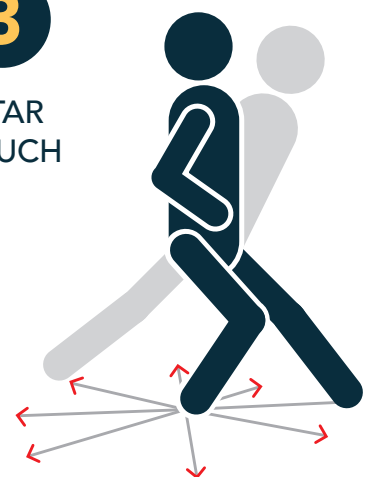
**2**

LUNGE



**3**

STAR  
TOUCH



# AGE RELATED CHANGES IN BALANCE AND AGILITY



DATE: \_\_\_\_\_ FILE NUMBER: \_\_\_\_\_ DISCUSSION FACILITATED BY: \_\_\_\_\_  
(IF APPLICABLE)

Use this **Crew Talk** to lead and document a worksite conversation on maintaining a high level of balance and agility.

## KEY POINTS:

- Balance and agility are very important to moving safely on uneven, slippery and unpredictable surfaces.
- An increasingly sedentary lifestyle, lower fitness, increased body weight and previous injuries all lead to poor balance and agility, but most of these changes are correctable.
- Maintaining a healthy body is critical for avoiding falls. Getting enough rest, eating and hydrating properly and including focused posture, balance and agility exercises in a daily warm-up can significantly lower your risk of injury.
- Other more serious reasons for loss of balance may include inner ear problems, high blood pressure, diabetes or even a stroke. If you feel lightheaded or dizzy, have sudden blurred vision or loss of balance, stop work and seek medical help immediately.

## DISCUSSION LEADS:

- Vibrations can disrupt your sense of balance. What can you do to prevent it from causing a problem when you dismount from your machine?
  - 3-point contact, move slowly and methodically, take a moment to adjust posture and activate your core muscles
- Ask if anyone has noticed a decline in balance or agility following an injury and what they think caused it?
  - Joint pain, loss of range of motion, stiffness of joint, weakness in joint
- Ask everyone to stand on one leg and try to balance for 30 seconds. Can anyone do it? Then get people to stand up tall with good posture and activate their core. Concentrate on holding the posture and then time the one-leg balance exercise again. Is there an improvement?
- For the next week, have everyone take a turn leading a five-minute warm-up that includes posture adjustment and balancing. Visit the resource links for warm-up ideas.

## RESOURCES:

- Balance and Agility Resource Package  
[www.bcforestsafesafe.org/node/3435](http://www.bcforestsafesafe.org/node/3435)
- Balance and Agility Posters:  
[www.bcforestsafesafe.org/node/3435](http://www.bcforestsafesafe.org/node/3435)
- Back Up Your Back:  
[www.bcforestsafesafe.org/files/ps\\_BackUpYourBack.pdf](http://www.bcforestsafesafe.org/files/ps_BackUpYourBack.pdf)
- Balance Exercises:  
[www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/balance-exercises/sls-20076853](http://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/balance-exercises/sls-20076853)
- Guide for Healthy Eating:  
[www.bchealthyliving.ca/what-we-do/working-on-wellness/healthy-eating/](http://www.bchealthyliving.ca/what-we-do/working-on-wellness/healthy-eating/)
- Guide of Staying Active:  
[www.bchealthyliving.ca/what-we-do/working-on-wellness/physical-activity/](http://www.bchealthyliving.ca/what-we-do/working-on-wellness/physical-activity/)

**DOCUMENTATION: I CONFIRM THAT I TOOK PART IN THIS DISCUSSION REGARDING BALANCE AND AGILITY AND COMMIT TO FOLLOWING BEST PRACTICES WHEN AT WORK:**

**PRINT NAME:**

**SIGNATURE:**

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