

# THE ULTIMATE SHEARERS HANDBOOK

Improving Performance  
& Preventing Injury

David Stuart, Robyn Williams, Michael Lawrance and John Pryor



# THE ULTIMATE SHEARER'S HANDBOOK

Improving Performance and Preventing Injury

David Stuart, Robyn Williams, Michael Lawrance and John Pryor

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The authors originally came together in 1993 through their involvement with the University of Ballarat investigation into the effect of shearing shed design on injury and performance. The focus of their work to improve the life of shearers and shearers' ability to perform on the board has resulted in their continued collaborative work. This booklet follows the "Australian Rules of Shearing: An Exercise guide for shearers" produced in 1997.

**[www.ultimateshearers.com](http://www.ultimateshearers.com)**

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