

The ULTIMATE SHEARERS HANDBOOK

Improving Performance
& Preventing Injury

David Stuart, Robyn Williams, Michael Lawrance and John Pryor

Safe manual handling  **Smart Move**



New South Wales Government

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Improving Performance and Preventing Injury

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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

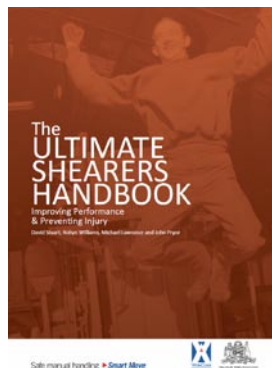
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How to use the Ultimate Shearers Handbook

You will notice that the guide includes both a book and a DVD. We have designed it so that all the basic information you need is contained in the booklet including general advice, suggested exercises and stretches.



However it is often difficult to explain movements with just pictures and words so we have included the DVD, containing video of all exercises shown in the guide. You will understand the exercises better if you are able to watch them as well. The DVD also contains expert advice and interviews. International rugby player Dan Vickerman and Olympic marathon runner Steve Monaghan give expert advice on how the best athletes prepare their bodies for competition and recover from injuries.



This book and DVD are designed to help you to be healthy and fit before, during and after shearing. Part 1 of the book provides general shearing health information. Part 2 provides detailed information of your physical preparation, recovery and managing injuries. Part 3 of the book gives you further information and useful resources.

Your guide should also come packaged with a piece of exercise tubing. This tubing is used in several of the recommended exercises and may need to be replaced after a period of time.

Good Luck.

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Improving Performance and Preventing Injury

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