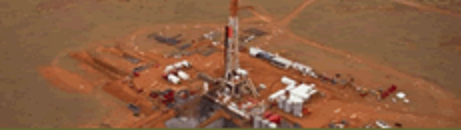


Workplace Fitness and Rehabilitation

Dwayne Te Aho

Rig Safety Adviser – Maersk Drilling Australia





“Self delusion is pulling in your stomach when you step on the scales....”

Paul Sweeney

How do we get the "H" into HSE?

- Health is often the poor relative in workplaces
- Men like to believe they are invincible
- "Lifestyle" issues can be hard to approach
- Work offshore to earn the money and time to enjoy life
- Cyclical work schedule can cause large variations in activity



The vicious circle....

- 12 hours heavy work in hot, humid conditions
- Great food – lots of cakes and fatty snacks on offer
- Satellite TV and wireless internet in every room
- Temptation to “crash” during off-tour
- Body gets used to this cycle
- Mental and physical energy levels decrease



Common barriers to overcome....



- Believe physical activity during shift is enough
- Too tired to do anything after shifts
- Lack of understanding regarding food (potato “salad” is not salad)
- Temptations – educating catering staff
- Gym equipment can be intimidating – how do I use this stuff?
- Macho culture – “stretching and lettuce is for pussies”

Breaking the cycle.....

- Health and Fitness consultants visit Maersk rigs
- 5 day visits / 6 weekly
- Great novelty value
- Specialist consultants better placed for health discussions
- Fit, healthy, fresh-faces with a positive, approachable message



Health Activities

- Screening (baseline health metrics):
 - Blood pressure
 - Cholesterol
 - Glucose
 - BMI
 - Body fat %
 - Flexibility
- Direct engagement – guidance for catering staff
- Workshops (nutrition, men's health, mental health)
- Programs (diet planning, lifestyle management)
- Campaigns (pedometer challenge, biggest loser)



Fitness Focus

- Gym management
- Consultations (Personal training and advice)
- Group classes
- Fitness challenges



Injury Management

- Rehabilitation
- Spinal Care (back care)
- Ergonomics
- Work stretch program (Warm Up4Work)



Objective results.....

- Provided with regular progress reports
- Over past 2 years, we have seen:
 - 14% increase in general physical activity levels
 - 15% reduction in average Body Mass Index (BMI)
 - 10% reduction in waist:hip ratio
 - 30% improvement in flexibility scores

DrillSafe

AUSTRALIA'S DRILLING INDUSTRY HEALTH SAFETY AND ENVIRONMENT FORUM

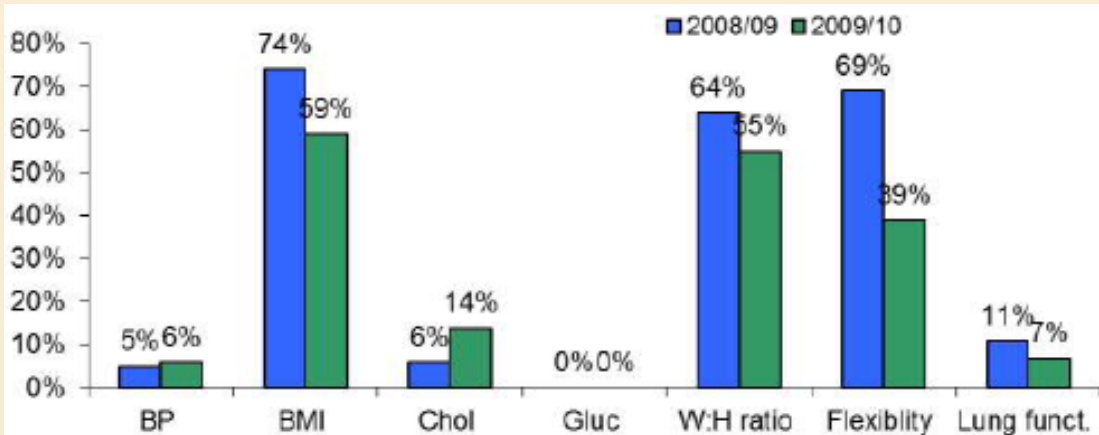


Figure 4: Comparison of moderate to high risk ratings 2008 - 2010

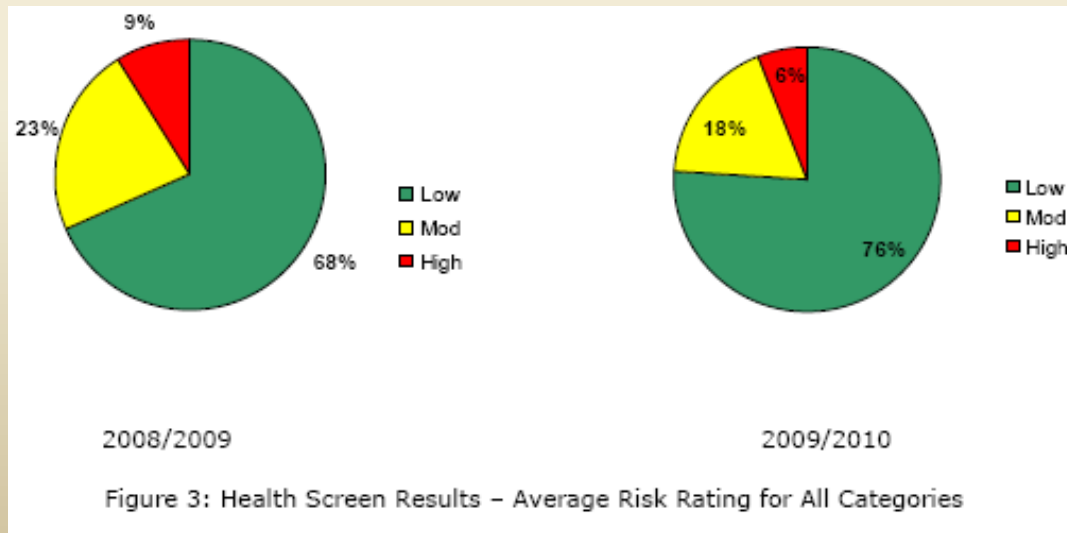


Figure 3: Health Screen Results - Average Risk Rating for All Categories

Feedback from crews.....

- Hesitant at first, but quickly builds momentum
- Great for morale, gets cross-crew interaction
- Feeling better coming off-shift after stretching, preparing
- More energy and positive outlook on and off-tour
- Applying the learning to improve their home lifestyles
- Demonstrates a commitment by the company to crew welfare



Conclusion

- Maersk Drilling considers health consultants good value
- Extended programme to Perth office
- Client likes proactive approach and contribute to costs
- Once established, programme is easy to manage
- Noticeable effect on crew behaviours
 - Greater gym usage
 - Increased demand for good foods
 - Decreased soft drink consumption, etc

