



## **Come and champion change workshop launch**

Keeping the body aches and pains at bay with easy stretches and physical techniques whilst performing your work has to be a good thing right! Well do we have something for you, if you perform manual work in the vineyard or supervise this type of work then come see how these free tools can assist you do your job better and longer without suffering for it in 5, 10 20 years time.

Review of injury data for the grape and wine industry for the past 10 years shows that sprain and strain injuries make up the largest number of injuries for vineyard workers of which approximately 76% are lower back. This statistic highlights the continuing importance on the grape and wine industry providing tools to assist you minimise such injuries by giving you the tools to manage the physical risk they present.

We encourage workers from the grape and wine industry across South Australia who:

- Work in the vineyard doing digging to tractor / harvester work, and / or
- Training or supervising vineyard workers who are performing this type of work,

to **come along to this complimentary ½ day workshop** to find out what you need to know to effectively implement this programme to reduce injuries to vineyard workers.

The workshop will take you through the online (mobile friendly) Fit4Work Musculoskeletal Health Programme which will show:

- The risks around musculo-skeletal injuries for common vineyard activities (ie the use of your back, shoulder and leg muscles whilst digging); and
  - The signs and potential effects of fatigue, heat stress and / or mental health; and
- How these things can be managed by the individual, the work group and the employer.

***There is no time like the present to be across your work health and safety responsibilities***

A seminar specific to the wine industry presented by:

**South Australian Wine Industry Association Incorporated**  
**ABN 43 807 200 928**

1<sup>st</sup> Floor Industry Offices, National Wine Centre, Botanic Road, Adelaide SA 5000  
Tel: 61 8 8222 9277 Fax: 61 8 8222 9276 Email: [admin@winesa.asn.au](mailto:admin@winesa.asn.au)  
Web: [www.winesa.asn.au](http://www.winesa.asn.au)

# Registration Form: 2019 Champions of Change

Complete the registration form online Or return via email or fax below

## Company details

Company

Contact person

Address

Telephone

Fax

Email

**Participants** - Should the company have a number of participants attending one or other of the workshops then you may like to photocopy this form and complete the form for each workshop location.

## Location - Please tick which workshop you will be attending

**Coonawarra**

Katnook Estate - Riddoch Highway, Coonawarra  
Monday 13 May 2019 – 1.00pm-4.00pm

**Barossa**

Vine Inn Barossa - 14-22 Murray St, Nuriootpa  
Wednesday 22 May 2019 - 1.00pm-4.00pm

**Clare**

Mr. Mick Cellar Door and Kitchen - 7 Dominic St, Clare  
Thursday 23 May 2019 - 9.30am-12.30pm

**Adelaide Hills**

Meadows Memorial Hall - Mawson Rd, Meadows  
Wednesday 29 May 2019 – 1:00pm-4:00pm

**Riverland**

Berri Hotel - Riverview Drive, Berri  
Wednesday 5 June 2019 - 10.00am-1.00pm

## Cost of Workshop

SAWIA & WGCSA Members      No charge

Non Members                      No Charge

[CLICK HERE](#) to become a Member



Funding for this project is from SA Health in partnership with Pinnacle Workplace Consultants, WGCSA and SAWIA.

**Please advise us if you have any access requirements in advance**

Email or Fax Return to: [admin@winesa.asn.au](mailto:admin@winesa.asn.au) or Fax to 8222 9276

Registrations must be received no later than one week prior to chosen seminar.

Cancellations

A full refund for cancellation will only be made upon receipt of written notification (including email) one week prior to the seminar or event. In the alternative substitute delegates are welcome.

Note

SAWIA reserves the right to cancel any workshop session advertised due to a lack of numbers

Enquiries on the day

Contact Zvonko Levak on 0457 739 663 or ring 8222 9277 (SAWIA Office)