

Your Daily Routine - Workshop Plan	
Learning Objectives:	Participants will be able to - Identify what good posture will look like and briefly explain why maintaining good posture is important for safe movement - Demonstrate, independently and while using good posture, how to implement proper body mechanics while executing different common daily activities to encourage active living - Identify a minimum of three Do's and three Don'ts for Safe Movement - Demonstrate the hip hinge and identify specific activities of daily living (ADLs) that could be done with the hip hinge in mind
Time: (min)	Workshop Details
2	Workshop Sign-In - Circulate the Workshop Sign-In Sheet while everyone is getting settled and during the introductions for the workshop - Prior to the start of the workshop, place a Your Daily Routine - Workshop Guide on every desk/wherever participants will be seated Starter [Slide 2] - In their Your Daily Routine - Workshop Guide, have participants write down a list of common activities that they engage in on an average day - these lists will be re-examined during the Cool-down Activity
2	- After the starter activity, review the Agenda and Learning Objectives for the workshop [Slide 3, Slide 4] - indicate that the learning outcome for each slide will be located at the bottom of that slide [Slide 5] - encourage participants to complete their Your Daily Routine - Workshop Guide during the workshop as this will provide them with a useful resource [Slide 6] - following these introductory slides, the facilitator will work through the PowerPoint slides with the participants, engaging the group in participant-centric activities while they complete the Your Daily Routine - Workshop Guide
7	Part 1 - Your Posture and Protecting Your Spine [Slides 7-11] Activity - Think-Pair-Share - Have participants discuss the following questions with the person beside them [2 min.] - What does having proper posture look like to you? - What are the benefits of having proper posture? - Encourage participants to share their ideas - Review the following slides and have participants consider their responses - Play the video on Maintaining Proper Posture [3:21] [Slide 10] - encourage participants to follow along with the instructions
7	Part 2 - Guidelines for Safe Movement [Slides 12-19] - This section of the workshop is primarily reviewing concepts and then allowing participants to put these concepts into practice - most slides will require engaging the participants in reading the content and then providing an opportunity to work individually or in small groups to ensure they are implementing safe movement practices effectively - Play the video on Moving between Standing and Sitting [2:59] [Slide 15] - encourage participants to follow along with the instructions

12 3	Activity - Fill-in-the-Blank - Participants should complete the fill-in-the-blank section of their Your Daily Routine - Workshop Guide to have a reference to the STABLE Acronym as a quick guide to safe movement practices Part 3 - The Hip Hinge [Slides 20-26] - This section of the workshop is primarily reviewing concepts and then allowing participants to put these concepts into practice - most slides will require engaging the participants in reading the content and then providing an opportunity to work individually or in small groups to ensure they are implementing safe movement practices effectively - Play the video on the Hip Hinge [3:48] [Slide 23] - encourage participants to follow along with the instructions - Play the video on Safe Lifting and Carrying [2:53] [Slide 24] - encourage participants to follow along with the instructions - Play the video on Safe Sweeping [1:08] [Slide 23] - encourage participants to follow along with the instructions Part 4 - The Do's and Don'ts of Safe Movement [Slides 27-30] - Review the do's and don'ts of safe movement by encouraging participant volunteers to read the list aloud to the group - these lists are provided in their Your Daily Routine - Workshop Guide
5	Cool-down Activity [Slide 31] - Participants should review their lists from the starter activity found in their Your Daily Routine - Workshop Guide - Participants should identify for which activities they are engaging in safe movement practices and for which modifications are necessary - Once they have completed this analysis, encourage participants to discuss what changes they can make to ensure they are practicing safe movement
Resources: - Your Daily Routine - Facilitation Guide - Your Daily Routine - Presentation - Your Daily Routine - Workshop Plan - Your Daily Routine - Workshop Guide - Workshop Sign-In Sheet - Workshop Evaluation Form Other Resources Needed: - pens/pencils - chairs - wooden dowels or PVC pipe - having a handful of these might help participants with the hip hinge activity	