Get Set Training Ltd.

Bespoke Manual Handling & First Aid Training

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DEEP KNEE BEND

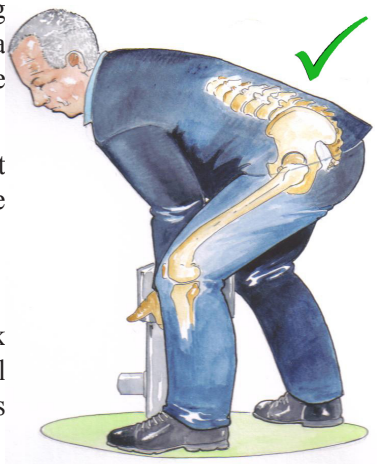
I've tried to put newsletters together on the Deep Knee Bend numerous times but the subject is so vast, here's an attempt…

As you will remember, for your training we start by asking you what you're expecting us to tell you – eventually putting a picture together similar to the man at the side and ask "so like this then?"

It is still expected in the majority of people who haven't attending our training before that this is what we will be advocating.

THIS IS NOT THE CASE!

Manual handling is not just about looking after your back although that's a big part of it; it's about looking after all parts of your body, keeping pressure off your body as much as possible.



I was asked a while ago "why your (Get Set Training) technique is right and the other way (the left one above) that I was told before isn't?" Our training goes into the very basics of how our bodies are made up and how they move, to link into the techniques, we put across "WHY" and "HOW" we want to handle a certain way not just saying "DO THIS". We encourage you to question the logic if we don't get our point of view over to you in a way you agree with or can't see the "WHYs".

1. It's not "our technique"; it's the technique advocated by numerous bodies (including RoSPA and the HSE) as to the preferred way to handle and one which we agree with.
2. The HSE state on their website (http://www.hse.gov.uk/pubns/indg143.pdf) "*Start in a good posture; at the start of the lift, slight bending of the back, hips and knees is preferable to fully flexing the back (stooping) or fully flexing the hips and knees (squatting)*" The left image (above) is fully flexing the hips and knees or 'A Deep Knee Bend'; not advised.
3. I have no idea why some training organizations still advocate the above left starting position.

I have looked, and looked, for research into the pressure on the knee joint at different angles or depths in an industrial setting with no luck, all seem to be in sporting or weight lifting environment. So, to back the techniques we prescribe, I came across an article in the Journal of Strength and Conditioning Research. The research was completed using a "Back Squat" as the movement being performed by looking at various loads and joint angles of the squat exercise and how it affected forces at the knee. In essence the body is working in the same way, looking at pressure at the patellofemoral joint (where your kneecap rests on your knee joint). In short, the conclusion was that the pressure went up with heavier weights and greater squat depth. Figures vary for every individual when taking into account body weight and size and strength/ body composition (for example, the length of the femur or thigh bone will, in effect, form different natural weight arms working against the taller individuals etc.)

I am happy when these questions are raised, it means people are taking note of our courses and thinking about the content, it's only when people understand the "whys" that people will start to try change habits, if required.

£20 Competition!

A good start position for handling a load from a low height could be described as;

A) Fully flexing the back
B) Slight bending of the back hips and knees
C) Fully flexing the hips and knees

E-mail your answer A, B or C to mail@getsettraining.co.uk by Friday 2nd June and one winner will get £20.00 in Marks and Spencer voucher.

Congratulations!

Winner of the March competition:

Amelia Prosser of Croppers Ltd

correct answer "DEFIBRILLATOR"

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