This is a summary of Expression Australia’s PD topic 7, *OHS – building a sustainable practice*; aimed at supporting Auslan Interpreters in TAFE. Here is the link to EA’s website:

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| **Slides** | **Commentary** |
|  | Welcome to the seventh professional development workshop, aimed at improving confidence and knowledge of Auslan interpreters working in TAFE.  We acknowledge the Wurundjeri people of the Kulin nation on whose lands we host this meeting today and pay our respects to their elders past, present and emerging.  We warmly welcome Mark Quinn, Celeste Di Pietro and Sarah Field, who have offered their knowledge and experience of OHS for Auslan interpreters. |
|  | **Outline**  This is what we hope to cover in tonight’s workshop.  The workshop will be a mix of sharing personal stories, exercises and strategies to enable longevity as an interpreter. |
|  | Welcomed 22 attendees , working online for TAFE, medical and other meetings. |
|  | Moving from a 3D to a 2D language is difficult.  ASLIA video– *Safety guidelines for interpreters(Occupational Overuse Syndrome-OOS)* by Maree Madden  3 stages of OOS  Look out for these signs and symptoms and act on them asap.  **Stage 1** – Sense of heaviness, pain, fatigue, ache which resolves overnight. Does not impact work performance.  **Stage 2** – Fatigue starts earlier and persists longer, doesn’t always resolve overnight. Feel tired and sore in the morning.  Disturbed sleep. Might experience tingling, swelling, persistent pain or weakness in muscles.  **Stage 3** : All muscle groups feel fatigued, unable to work, pain present when not working, cannot: interpret, dress yourself, drive a car. Numbness or colour or temperature. Condition can last for some time and prevent you from working. |
|  | **Tips from Maree Madden (ASLIA video)**   * Crucial to take action at stage 1. * Report to employer and see a doctor * Listen to your body, do not ignore pain signals * Warm up and cool down before interpreting * After sitting for a long time your blood will pool, so stretch muscles and get oxygen moving to muscles again * Incorporate some strength and flexibility exercises * Have a colleague watch you or film yourself to analyse posture and awkward hands movement * Relaxation exercises especially before stressful jobs * Deep breathing movements * Do not switch dominant hands as not as strong and may injury quickly. |
|  | Some **key points** from very insightful, personal stories.   * Longevity in interpreting is important for self and clients * Identify aches and pains early and take action, they can creep up on you * Injuries can occur for people who sign as first language, deaf interpreters and teachers * 90-95% of interpreters have had injuries * Sometimes we feel obligated to push through for sake of clients, money etc. but this is more damaging * Being on work cover, can make you feel like a loser * Not only physical but emotional stress can impact you and your clients * Different triggers and symptoms for each person. |
|  | **Tips.**   * Get to know your own body, signs and triggers * Be selective of jobs you select * Be mindful of your schedule (does it include rest breaks, time for exercise? Etc.) * Incorporate exercise into your daily lifestyle e.g. bike riding, yoga, team sport, swimming * Budget for and Incorporate therapies such as: massage, physio, chiro, ,myotherapies, acupuncture, counselling etc. * Vary jobs in industry e.g. interpreting, translating, voicing * Winter time can be difficult. Wear half gloves, arthritic pressure gloves, coat with big pockets, wear the right clothes for inside and outside. |
|  | Squeeze eyes together and close.  Take a break from the screen, stretch…..  Back soon. |
|  | Stress balls, tennis balls for squeezing  Hand exercises, stretching, moving whole of hands and elbows, returning hands to your side.  Neck and shoulder rolls.  Posture awareness  Move body in opposite direction e.g. stretch back away from eyes.  N.B. Yoga has some great exercises.  Talk to a physio about particular hand, arm, neck and shoulder exercises for your body. |
|  | As a new interpreter you may not know what signs and symptoms to look for.  Psychological stress and fatigue.   * Understand how your brain works. * What triggers stress for you? * Do I need a lot of sleep? * How many days a week can I work? * Who can I talk to about issues that arise at work? * How can I clear my mind? Meditation? Yoga? Nature?   N.B. Talk to other interpreters to get a physio and other health professionals who have experience working with interpreters. |
|  | Remember on an aero plane they always advise you to:  ‘fit your own mask before assisting others.’ |
|  | It can be difficult for casual and freelance interpreters, accessing work cover.   * Consider health insurance, does it cover what you need e.g. massage and acupuncture? * Do you need income support insurance? * Budget for wellness and self-care activities.   If you have symptoms, talk to supervisor, employer, keep a diary of symptoms, seek medical assistance.  For permanent workers, employers can assist with work cover. |
|  | Really helpful session.  Great points to consider and tips to prevent injuries.  Thanks to all our presenters for being so open, sharing their stories and providing such insight. |
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|  | Thanks everyone.  The next session is to be confirmed.  Watch this space. |