

How are we injuring ourselves at work?

ELECTRICIANS

TOTAL DAYS LOST TO INJURY IN 2014:

16,015



COST TO BUSINESS FOR INJURY IN 2014:

\$159m+



NUMBER OF ACTIVE CLAIMS IN 2014:

3,370

23
145

COST OF ACTIVE CLAIMS TO ACC IN 2014:

\$6.2m+



Where it's hurting us

EAR

ACTIVE CLAIMS: 466

INJURY COST: \$362,898

DAYS LOST: 0

"Prolonged exposure to loud noise on construction sites over a long period of years has affected my hearing."

UPPER BACK/SPINE

ACTIVE CLAIMS: 98

INJURY COST: \$409,514

DAYS LOST: 589

"I was climbing through a tight roof space, and when I lifted some planks of wood I hurt my back."

HAND/WRIST

ACTIVE CLAIMS: 283

INJURY COST: \$475,261

DAYS LOST: 1,858

"While using a power drill, the drill bit got caught and wrenched and smashed my hand into a wall."

SHOULDER/CLAVICLE

ACTIVE CLAIMS: 257

INJURY COST: \$747,222

DAYS LOST: 2,044

"I lifted a ladder onto the roof of my van and felt a sharp pain in my left shoulder and upper back."

FINGER/THUMB

ACTIVE CLAIMS: 388

INJURY COST: \$277,884

DAYS LOST: 1,825

"I dropped a ceramic fuse into a work vehicle and it bounced back, cutting the top side of my right thumb."

LOWER BACK/SPINE

ACTIVE CLAIMS: 515

INJURY COST: \$1,346,803

DAYS LOST: 1,850

"While fitting a new plug socket, I twisted my body and felt pain in my lower lumbar spine."

KNEE

ACTIVE CLAIMS: 279

INJURY COST: \$812,738

DAYS LOST: 2,607

"While leaning on a roof truss I stretched out to grab for wires and felt an immediate pain in my right knee."

TOP 5 INJURY SITES BY NUMBER

- 1) Lower back/spine
- 2) Ear
- 3) Finger/thumb
- 4) Hand/wrist
- 5) Knee

23
145

TOP 5 INJURY SITES BY COST

- 1) Lower back/spine
- 2) Knee
- 3) Shoulder/clavicle
- 4) Hand/wrist
- 5) Upper back/spine



How we calculated this information (using 2014 data)

Cost of active claims to ACC

The total includes the cost (excl GST) to ACC of all treatment and entitlements incurred for that claim.

Cost of injury claims to business

The total cost to business is based on the average salary of electricians (derived from Occupation Outlook Report, MBIE 2013) by the number of working days

in 2014, this was used to calculate the average daily salary for the occupation. The number of days of productivity lost to injury was multiplied by this figure to identify the cost of injury claims to business.

Remember a tidy worksite is a safe worksite

High risk areas

- When working at a height use the appropriate scaffolding or falls protection to prevent workers from a fall.
- Overreaching when carrying out your work is one of the major contributions to a person overloading shoulder and muscles in the back region.
- When using any type of power tool remember to wear hearing and eye protection.
- If you are required to lift or carry a heavy object or materials then remember the old saying 'many hands make light work'.
- Think before you act.

How do you reduce your risk?

It's easy to reduce your risk of injury, just follow these simple tips and you help keep yourself and your workmates safe on the job.

EYE

- Wear the appropriate safety glasses when carrying out activities such as working with power tools, installing cabling or repairing existing electric power facilities.



SHOULDER

- Avoid any activities where you are overreaching.
- Avoid sudden uncontrolled or jerky movements.



BACK/SPINE

- Avoid lifting and carrying heavy or awkward materials: if you have to lift or carry it get a mate to help.
- Avoid twisting when carrying or lifting a heavy load.
- Reduce the amount of bending, reaching forward and twisting loads.
- Use mechanical load shifting devices such as cranes, hoist and hand trucks to move materials around the worksite.
- Fit temporary lifting points or handles to heavy or awkward loads.
- If manual lifting is required, make sure you have enough workers available to complete the task.



KNEE



- Wear knee pads when you are required to kneel on the ground as this reduces the contact pressure.
- Avoid jumping down from step ladders, ladders and platforms or down to the next level.

FINGER/THUMB



- Check that all tool guards function correctly and are safe to use.
- When using an electric drill be aware of the dangers of applying too much pressure and jamming the drill.
- Keep your hands clear of any moving parts.
- Make sure that any exposed nails and other sharp objects are removed or knocked in.



Other ways to reduce the likelihood of risk

- Remove unwanted materials and construction waste from the worksite so that it does not accumulate.
- Ensure that all power leads and other tools and equipment are positioned so as not to cause a tripping hazard.
- Avoid attaching bracing across door frames where people are likely to walk through.