

How are we injuring ourselves at work?



DAIRY FARMING

TOTAL DAYS LOST TO INJURY IN 2014:

155,451



COST TO BUSINESS FOR INJURY IN 2014:

\$31.7m+



NUMBER OF CLAIMS IN 2014:

11,765



COST OF ACTIVE CLAIMS TO ACC IN 2014:

\$26.7m+



Where it's hurting us

EAR

NUMBER OF CLAIMS: 2,186
INJURY COST: \$1,579,392
DAYS LOST: 0

"My hearing deteriorated from prolonged exposure to tractors, chainsaw, motors, shotguns."

FINGER/THUMB

NUMBER OF CLAIMS: 893
INJURY COST: \$1,161,965
DAYS LOST: 8,596

"I was treating lame cows with a hoof knife, the cow kicked and the knife cut the middle finger on my left hand."

HAND/WRIST

NUMBER OF CLAIMS: 770
INJURY COST: \$1,849,029
DAYS LOST: 15,437

"My hand got crushed between a cow and a gate."



SHOULDER/CLAVICLE

NUMBER OF CLAIMS: 880
INJURY COST: \$3,392,347
DAYS LOST: 21,237

"I slipped in the cow shed, grabbed a bar and pulled a muscle in my upper arm."

NECK/BACK OF HEAD

NUMBER OF CLAIMS: 372
INJURY COST: \$1,719,570
DAYS LOST: 4,079

"I was travelling downhill on my quad bike and a front wheel dropped into a hole and I got whiplash."

LOWER BACK/SPINE

NUMBER OF CLAIMS: 1,309
INJURY COST: \$3,743,998
DAYS LOST: 26,690

"I was hosing down the milking shed, pulled the hose hard and I wrenched my back."

KNEE

NUMBER OF CLAIMS: 913
INJURY COST: \$2,597,586
DAYS LOST: 14,834

"I fell while rounding the cows – my leg fell in a hole and I twisted my knee."

TOP 5 INJURY SITES BY NUMBER

- 1) Ear
- 2) Lower back/spine
- 3) Knee
- 4) Finger/thumb
- 5) Shoulder (incl clavicle/blade)



TOP 5 INJURY SITES BY COST

- 1) Lower back/spine
- 2) Shoulder (incl clavicle/blade)
- 3) Knee
- 4) Hand/wrist
- 5) Neck/back of head



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 dairy farm workers (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.

How do you reduce your risk?

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

EAR

- Wear earmuffs with the appropriate grade for your noise exposure.
- Use a noise meter (smartphone app) to help identify noisy areas in cowshed and other places and isolate the source of excessive noise if possible.
- Maintain machinery to reduce noise (eg. exhaust and muffler systems).
- Constant exposure to noise above 85 decibels can cause permanent damage to your ears.

NECK, BACK OF HEAD

- Use a protective helmet when riding on a quad bike or using a chainsaw.
- Avoid excessive speed when using vehicles on bumpy uneven terrain.
- Look out for head high obstacles and hazards, especially pipes and rails.

SHOULDER

- Don't over reach when drenching/vaccinating.
- Avoid jerky movement when hosing down cowshed.

FINGER/THUMB

- Keep your hands well clear of moving machinery.
- Keep cuts and scratches covered when handling livestock.
- Wear protective gloves when trimming cows hooves.
- Take care when hitching trailers to avoid pinching or squashing fingers.

LOWER BACK/SPINE

- Make sure staff are trained in correct lifting techniques, especially calves or buckets of milk for calves.
- Avoid twisting when lifting or carrying a heavy object.
- Use mechanical assistance where possible or get a mate to help.
Don't jump down on to hard surfaces.

HAND/WRIST

- Where possible use alternative cupping techniques to relieve muscle strain.
- Make sure staff recognise OOS and train in preventative techniques.
- Keep your hands clear of crush areas.

KNEE

- Use appropriate footwear on wet surfaces in cowshed.
- Take care when mounting/dismounting machinery, don't jump.
- Make sure steps, ramps and catwalks have non slip surfaces.
- Take care when walking/working on uneven surfaces (eg badly pugged ground).



Other ways to reduce the likelihood of risk

- Think of the 4x2 rule – take 4 steps back and think about the job for 2 minutes.
- Ensure the operator of vehicles and machinery has knowledge of the limitations of the equipment being used and follows manufacturer's recommendations.
- Use Personal Protective Equipment (PPE) at all times where appropriate.