

How are we injuring ourselves at work?



PAINTERS AND PAPERHANGERS

TOTAL DAYS LOST TO INJURY IN 2014:

24,981



COST TO BUSINESS FOR INJURY IN 2014:

\$126m+



NUMBER OF ACTIVE CLAIMS IN 2014:

2,724

2³
14⁵

COST OF ACTIVE CLAIMS TO ACC IN 2014:

\$7.9m+



Where it's hurting us

EAR

ACTIVE CLAIMS: 211
INJURY COST: \$169,867
DAYS LOST: 0

"Between mechanical sanders and general banging, I started to notice problems hearing a few years ago."

HEAD (EXCEPT FACE)

ACTIVE CLAIMS: 67
INJURY COST: \$551,101
DAYS LOST: 82

"I hit my head on the scaffolding and lacerated my head."

HAND/WRIST

ACTIVE CLAIMS: 162
INJURY COST: \$489,225
DAYS LOST: 2,131

"I was trying to remove roller sleeve off the handle with a knife and I lacerated my left hand."

SHOULDER/CLAVICLE

ACTIVE CLAIMS: 296
INJURY COST: \$1,257,311
DAYS LOST: 5,624

"I was lifting a 10 litre bucket of paint with outstretched arms and sprained my left shoulder".

FINGER/THUMB

ACTIVE CLAIMS: 243
INJURY COST: \$201,424
DAYS LOST: 878

"While cutting wallpaper with a straight edge, my knife slipped over the top into my left forefinger".

LOWER BACK/SPINE

ACTIVE CLAIMS: 595
INJURY COST: \$1,585,134
DAYS LOST: 4,444

"While painting a house, I climbed down the scaffolding and stepped back too far and injured my lower back."

KNEE

ACTIVE CLAIMS: 225
INJURY COST: \$793,448
DAYS LOST: 2,912

"I accidentally knelt down onto a scraper and lacerated my left knee."



TOP 5 INJURY SITES BY NUMBER

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

2³
14⁵

TOP 5 INJURY SITES BY COST

- 1) Lower back/spine
- 2) Shoulder/clavicle
- 3) Knee
- 4) Head (except face)
- 5) Hand/wrist



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 painters and paperhangers (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

- When using a high pressure water blaster make sure you wear a full face and eye protection shield.
- When sanding or cleaning painting surfaces always wear the appropriate eye protection.
- If there is a possibility of paint getting into your eyes wear safety glasses. It's easier to remove the paint off safety glasses than from your eyes.



SHOULDER

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



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.

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.



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.