

How are we injuring ourselves at work?



COMMERCIAL CONSTRUCTION

TOTAL DAYS LOST TO INJURY IN 2014:

36,761



COST TO BUSINESS FOR INJURY IN 2014:

\$7.99m+



NUMBER OF CLAIMS IN 2014:

2,428

235

COST OF ACTIVE CLAIMS TO ACC IN 2014:

\$6.5m+



Where it's hurting us

EAR

NUMBER OF CLAIMS: 414
INJURY COST: \$333,027
DAYS LOST: 0

"I work as a concrete labourer, in noisy environments, where pneumatic vibrator, steel grinding machines etc are used."

EYE

NUMBER OF CLAIMS: 162
INJURY COST: \$193,380
DAYS LOST: 1,491

"A foreign object fell into my eye – a piece of rat faeces fell in it while doing demolition work."

FINGER/THUMB

NUMBER OF CLAIMS: 233
INJURY COST: \$169,482
DAYS LOST: 1,080

"I was lifting a concrete sheet and there was scaffold above me causing my right little finger to jam between the two."

SHOULDER/CLAVICLE

NUMBER OF CLAIMS: 137
INJURY COST: \$773,116
DAYS LOST: 4,743

"I was lifting plywood when the wind caught the plywood and strained my shoulder as a result of me holding onto it."

HAND/WRIST

NUMBER OF CLAIMS: 160
INJURY COST: \$375,848
DAYS LOST: 2,806

"I was pushing a crow bar into compacted hard fill, the bar moved suddenly and I slipped and strained my right wrist causing pain."

LOWER BACK/SPINE

NUMBER OF CLAIMS: 352
INJURY COST: \$1,198,626
DAYS LOST: 7,907

"I was lifting a large concrete wash basin off the wall. I felt a sharp pain in my lower back and the pain has not gone away since."

TOP 5 INJURY SITES BY NUMBER

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

235

TOP 5 INJURY SITES BY COST

- 1) Lower back/spine
- 2) Shoulder (incl clavicle/blade)
- 3) Hand/wrist
- 4) Ear
- 5) Eye

\$ \$ \$ \$ \$

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 commercial construction 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.

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.

EAR

- Wear the appropriate hearing protection when working around noisy equipment.
- Place warning signs in areas of excessive noise – above 85 decibels.
- Check noisy tools to ensure that they are well maintained and when possible separate workers from noisy activities.
- If you cannot hear a person talking to you without shouting then you need to wear hearing protection.



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.