

# How are we injuring ourselves at work?

## AIR CONDITIONING

**TOTAL DAYS LOST TO INJURY IN 2014:**

**11,907**



**COST TO BUSINESS FOR INJURY IN 2014:**

**\$2.19m+**



**NUMBER OF CLAIMS IN 2014:**

**851**

**2345**

**COST OF ACTIVE CLAIMS TO ACC IN 2014:**

**\$2m+**



## Where it's hurting us

LOWER BACK/SPINE

**NUMBER OF CLAIMS: 140**

**INJURY COST: \$365,246**

**DAYS LOST: 2,413**

"Was lifting air conditioning compressors at work and felt pinching in my back. The next morning had severe pain in the middle of my back."

**NUMBER OF CLAIMS: 52**

**INJURY COST: \$263,626**

**DAYS LOST: 1,685**

"I was welding a plastic pipe at work and hot plastic went into my forearm."

UPPER & LOWER ARM

SHOULDER/CLAVICLE

**NUMBER OF CLAIMS: 62**

**INJURY COST: \$221,667**

**DAYS LOST: 1,290**

"Lying on my left side in roof space for the day, moving around using arms to pull myself forward and sprained shoulder."

**NUMBER OF CLAIMS: 28**

**INJURY COST: \$91,057**

**DAYS LOST: 713**

"Was lifting a heat pump to put it on the wall and felt something go in my upper shoulder and neck on the right hand side."

NECK/HEAD VERTEBRAE

FINGER/THUMB

**NUMBER OF CLAIMS: 94**

**INJURY COST: \$94,160**

**DAYS LOST: 607**

"Reaching into the machine and the fan hit the right hand, cutting two fingers."

**NUMBER OF CLAIMS: 62**

**INJURY COST: \$117,081**

**DAYS LOST: 681**

"Cutting tin with tin snips and felt sudden pain in left wrist when cutting through a heavier piece."

HAND/WRIST

### TOP 5 INJURY SITES BY NUMBER

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

**2345**

### TOP 5 INJURY SITES BY COST

- 1) Lower back/spine
- 2) Upper/lower arm
- 3) Back (not incl head vertebrae)
- 4) Shoulder (incl clavicle/blade)
- 5) Hand/wrist

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## 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 air conditioning 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 risk?

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

### UPPER AND LOWER ARM



- If you are welding pipes or handling hazardous chemicals wear long sleeved clothing and gloves.
- If you're required to lift or move large and/or heavy objects ask a mate to help. Remember the old saying 'many hands make light work'.



### SHOULDER

- Avoid any activities where you are overreaching.
- Avoid sudden uncontrolled or jerky movements.
- When in a small space for prolonged periods, take breaks and stretch.

### BACK/SPINE



- Avoid twisting when carrying or lifting a heavy load.
- Try to avoid bending, reaching forward and twisting while lifting, carrying or moving a particularly heavy or bulky load.
- 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.



### EYE

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



### FINGER/THUMB

- Check that all tool guards function correctly and are safe to use.
- When using power tools be aware of the dangers of applying too much pressure and jamming the tool.
- Keep your hands clear of any moving parts.
- Make sure that 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.