

CHHSNZ



CONSTRUCTION HEALTH AND SAFETY NZ

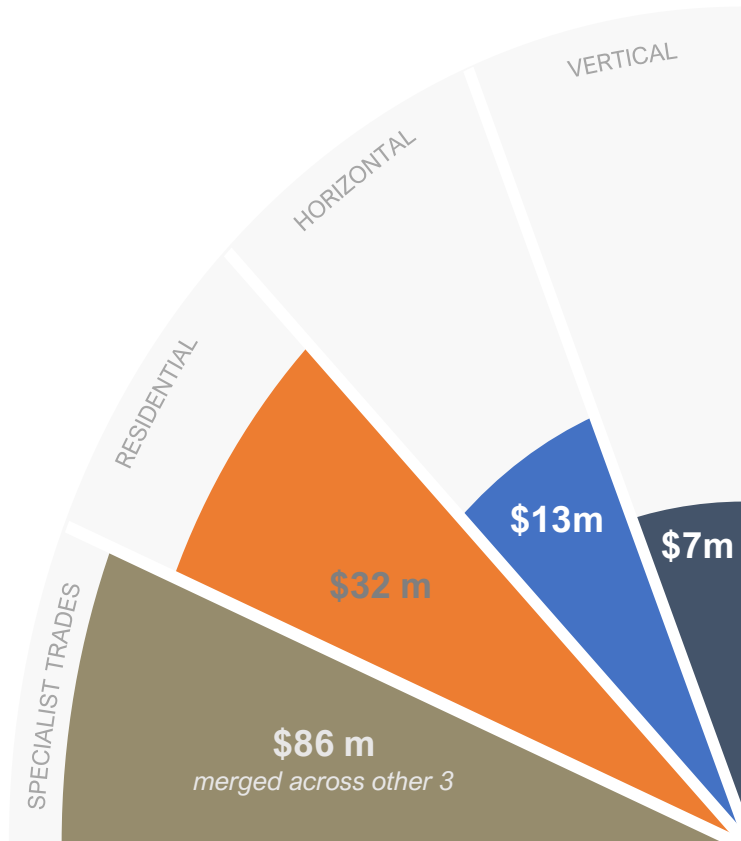
Kia hauora, kia haumaru ngā mahi waihanga

WORK
SHOULD NOT
HURT!

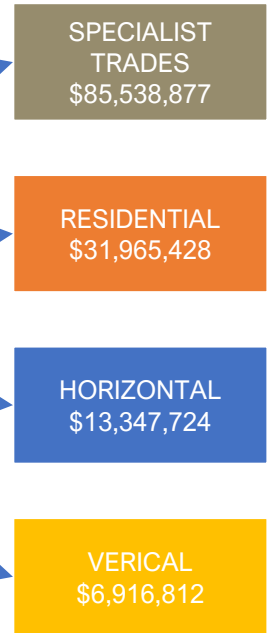


Mahia te mahi - Engari, tē māmāe e!

2019 ACC claims amounts per CU, mapped to the four construction sectors



Total Claims
138,000,000



Site Preparation Services	\$12,040,336
Painting and Decorating	\$10,590,124
Plumbing Services	\$8,270,124
Construction Services (NEC)	\$8,246,910
Electrical Services	\$7,505,001
Roofing Services	\$5,556,984
Landscape Construction Servs	\$5,507,762
Carpentry Services	\$4,490,935
Concreting Services	\$3,969,990
Plastering and Ceiling Servs	\$3,386,882
Tiling and Carpeting Services	\$3,192,744
Air Conditioning and Heating	\$2,819,589
Building Installation Services	\$2,307,573
Bricklaying Services	\$2,235,079
Glazing Services	\$1,665,976
Fire and Security Alarm Servs	\$1,473,440
Structural Steel Erection Servs	\$1,240,790
Building Completion Services	\$1,038,155
House Construction	\$27,306,144
Land Development/Subdivision	\$44,041
Residential Building Constrn	\$4,615,273
Heavy and Civil Construction	\$5,529,161
Road and Bridge Construction	\$4,997,201
Utility and Comms Network Cs	\$2,821,362
Non Residential Construction	\$6,916,812



WHAT IS THE IMPACT OF STRAINS AND SPRAINS ON OUR PRODUCTIVITY?

INJURIES IN YOUR INDUSTRY MAY SEEM LIKE THEY ARE JUST PART OF THE JOB BUT THEY CAN MAKE A SIGNIFICANT IMPACT ON YOUR OUTPUT IF NOT TAKEN SERIOUSLY

FILTERS

YEARS: 2020

INJURY SITES: All

SUB-SECTOR: All



YEAR

- Select all
- 2015
- 2016
- 2017
- 2018
- 2019
- 2020

CONSTRUCTION TRADE

All

INJURY SITE

All

DIAGNOSIS

All

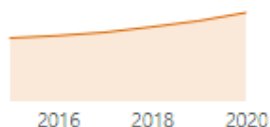
STRAINS AND SPRAINS

Click on Injury site at the diagram below to learn more

INJURY SITES: All

18,884

TOTAL CLAIMS



AVERAGE DAYS OFF PER CLAIM

Hover and click to see more insights

33

AVERAGE DAYS OFF WORK PER CLAIM



BY AGE GROUP

15 to 29

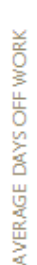
30 to 49

50 to 69

70 plus

BY INJURY SITE

AVERAGE DAYS OFF WORK



TOTAL CLAIMS

BY SUB-SECTOR

Sub-sector	Total Days Off Work (All Claims)	Total Claims	Average Days Off per Claim
House construction	121,690	3,700	33
Site preparation services	50,088	1,495	34
Painting and decorating services	45,869	1,378	33
Plumbing services	39,129	1,219	32
Construction services (not elsewhere classified)	38,648	1,224	32
Non-residential building construction	28,984	913	32
Electrical services (including telecommunication services within buildings)	26,487	831	32
Landscape construction services	24,973	800	31
Residential building construction (not elsewhere classified)	23,077	717	32
Heavy and civil engineering construction (not elsewhere classified)	22,049	673	33
Roofing services	21,102	652	32
Total	614,173	18,884	33

* Average days off per claim are the total sum of number of days of compensation paid by ACC, plus 5 working days of stand-down period per claim, divided by the total sum of number of claims.

** Data is aggregated as <4 (less than 4 claims) for all instances with a small number of claims, to ensure privacy. Less than 4 claims instances will not be displayed in trend chart or the scatterplot.



WHAT IS THE IMPACT OF STRAINS AND SPRAINS ON OUR PRODUCTIVITY?

INJURIES IN YOUR INDUSTRY MAY SEEM LIKE THEY ARE JUST PART OF THE JOB BUT THEY CAN MAKE A SIGNIFICANT IMPACT ON YOUR OUTPUT IF NOT TAKEN SERIOUSLY

FILTERS

YEARS: 2020

INJURY SITES: Back/Spine

SUB-SECTOR: All



YEAR

- Select all
- 2015
- 2016

- Select all
- Abdomen/ Pelvis
- Ankle
- Back/Spine
- Chest
- Elbow
- Finger/ Thumb
- Foot & Toe
- Hand/ Wrist
- Head & Face
- Hip/ Upper Leg/ Thigh
- Internal Organ, Multiple ...
- Knee

Back/Spine

DIAGNOSIS

All

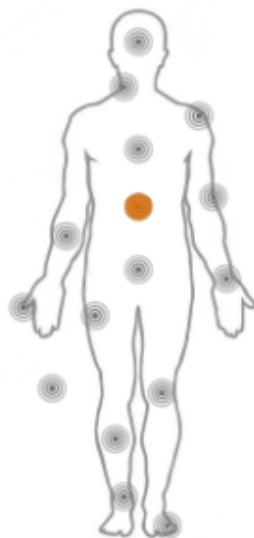
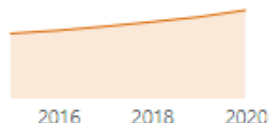
STRAINS AND SPRAINS

Click on injury site at the diagram below to learn more

INJURY SITES: Back/Spine

6,809

TOTAL CLAIMS

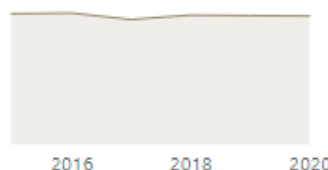


AVERAGE DAYS OFF PER CLAIM

Hover and click to see more insights

33

AVERAGE DAYS OFF WORK PER CLAIM



BY AGE GROUP

15 to 29

30 to 49

50 to 69

70 plus

BY INJURY SITE

AVERAGE DAYS OFF WORK

6K

8K

TOTAL CLAIMS

BY SUB-SECTOR

Sub-sector

Total Days Off Work (All Claims)

Total Claims

Average Days Off per Claim

Sub-sector	Total Days Off Work (All Claims)	Total Claims	Average Days Off per Claim
House construction	39,067	1,169	33
Site preparation services	21,658	632	34
Painting and decorating services	15,059	456	33
Construction services (not elsewhere classified)	14,384	456	32
Plumbing services	14,026	434	32
Non-residential building construction	12,962	398	33
Tiling and carpeting services	9,704	288	34
Landscape construction services	9,145	294	31
Heavy and civil engineering construction (not elsewhere classified)	8,598	252	34
Roofing services	8,145	246	33
Residential building construction (not elsewhere classified)	7,988	246	32
Concreting services	7,217	223	32
Total	224,017	6,809	33

* Average days off per claim are the total sum of number of days of compensation paid by ACC, plus 5 working days of stand-down period per claim, divided by the total sum of number of claims.

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ROOFING
RISK ALERT

GROUND LEVEL WORK – ROOFING

WORKING DOWN LOW IS KNOWN TO LEAD TO SPRAINS AND STRAINS.
HERE'S HOW YOU CAN PROTECT YOURSELF.

WORK SHOULD NOT HURT.



REDUCE STOOPED OR HUNCHED POSTURES



GET WORK UP OFF THE GROUND WHERE POSSIBLE



MIX UP YOUR POSITIONS THOUGHOUT THE DAY



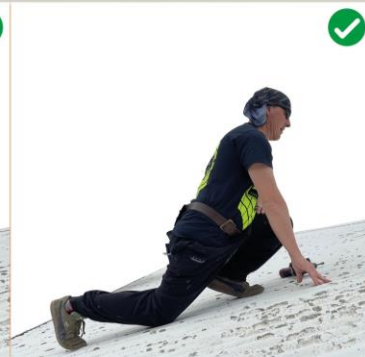
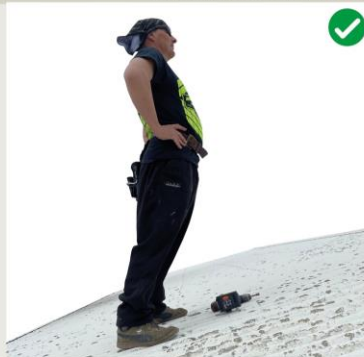
BRIDGE OR BRACE YOURSELF TO PROTECT YOUR BACK



ROOFING
RISK ALERT

WORK SHOULD NOT HURT.

USE REGULAR STRETCHES OF THE LOWER BACK AND LEGS THOUGHOUT THE DAY



IDEAS FOR REDUCING HAZARDS WHEN WORKING AT
GROUND LEVEL

- Rest often-take a minutes break for every 10 minutes of continuous ground level work
- Use knee pads to enable you to kneel for a time while working
- Hamstrings and quads need stretching and flexibility
- The steeper the pitch the less stooping required
- Good footwear is worth considering

TRY USING LONGER DRIVES TO REDUCE BENDING



LEGEND

- ✓ GREEN – No action required if tasks are not held or repeated for long periods and no MSD symptoms are reported. Continue to monitor for MSD symptoms and check after workplace or process changes.
- ✗ ORANGE – Further assessment or improvement needed immediately.

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OVERHEAD WORK – PAINTING

WORKING OVERHEAD IS KNOWN TO LEAD TO SPRAINS AND STRAINS. HERE'S HOW YOU CAN PROTECT YOURSELF.

WORK SHOULD NOT HURT.

IDEAL WORKING SCENARIO

- ✓ Eliminate overhead work when possible.



60 DEGREES IS KEY

- ✓ Keep the angle between and upper arm and torso below 60°.



OVERHEAD BEST CASE

- ✓ If you need to work overhead, design the work to reduce your risk of injury.



DISTANCE FROM BODY

- ✗ Avoid reaching far away from your body.



HIGH-PRECISION TASKS

- ✗ Limit how often and for how long you work on high precision tasks overhead.



DIRECTION OF FORCE

- ✓ Push straight up or pull straight down.



WORK SHOULD NOT HURT.

PROLONGED TIME

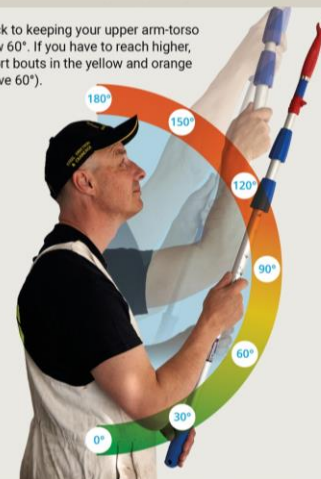
- ✓ Take a one minute break after 10 minutes of overhead work.

01:00 → 10:00



WORKING RANGE

Try and stick to keeping your upper arm-torso angle below 60°. If you have to reach higher, work in short bouts in the yellow and orange zones (above 60°).



TIPS FOR WORKING OVERHEAD:

- Don't lift your arm above 90° for more than 10% of an entire work day. Remember 60° is key.
- Change up how you work or move to reduce the time you spend working overhead.
- Perform work close to your body to avoid reaching.
- Ensure your arm is free to rotate.
- Push straight up or pull straight down when applying force overhead.
- Use lightweight tools to reduce the strain on your shoulders.
- Take rest breaks to give your body time to recover.

LEGEND

- ✓ **GREEN** – No action needed if the posture isn't held for a long time or repeated too often and if aren't any signs of pain or discomfort. Keep checking in with how your body feels, especially if you've changed workplaces or the way you do things.
- ✓ **YELLOW** – Something needs to change soon or immediately if you feel pain or discomfort.
- ✗ **ORANGE** – Something needs to change immediately.

FOR MORE INFORMATION GO TO chasnz.org

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CONSTRUCTION HEALTH AND SAFETY NZ
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BUILDING
TOP 10 TIPS

REDUCING STRAINS AND SPRAINS

TEN TIPS FOR BUILDERS, FROM BUILDERS

WORK SHOULD NOT HURT.

TOP 10 TIPS



Get work up off the ground



Use ladders and platforms



Use braces to hold weight



Organise the back of your van

- 1 Get work up off the ground.** Use a sawhorse, portable bench, three step ladder or even the tailgate or tray to avoid working bent over.
- 2 Get closer to the task.** Reduce the need to work with your arms raised by using ladders, work platforms and scaffolding.
- 3 Take regular breaks.** Rest, stretch and straighten up regularly if you're working in awkward positions.
- 4 Use a trolley.** A trolley keeps your gear in one place, makes it easy to move and gives you a raised working surface, saving time and effort.
- 5 Lighten your tool belt.** Change the contents of your belt to match the task and keep your main supply of tools nearby. Or consider using braces to help hold the weight of your belt.
- 6 Go for lightweight tools.** Aim to work with tools that weigh under 1.5kg and that are powered rather than manual.
- 7 Organise the back of your van or ute.** It saves time and effort when packing and unpacking.
- 8 Have good footwear.** That includes with boot inserts. You should change your footwear when worn or after 6 to 12 months of continuous use.
- 9 Stay hydrated while working.** Keep a water bottle in your trolley. Your pee should be light yellow!
- 10 Stack materials in order of use.** The first thing you use is the last thing stacked. That way the thing you need is on top.

GOT ANOTHER GOOD TIP? TELL US ABOUT IT!
Email to info@chasnz.org and receive a free buff for you and each of your team members.

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PAINTING
TOP 10 TIPS

REDUCING STRAINS AND SPRAINS

TEN TIPS FOR PAINTERS, FROM PAINTERS

WORK SHOULD NOT HURT.

TOP 10 TIPS



Keep upper arms below 90°



Use a trolley to keep your gear



Organise your vehicle



Use a variety of body positions

- 1 Get closer to the task.** Reduce the need to work with your arms raised by using ladders, work platforms and scaffolding.
- 2 Keep upper arms below 90 degrees.** When working overhead, keep moving so that you're positioned under where you're painting. Extending the painting pole or raising your work surface can also help.
- 3 Take regular breaks.** Rest, stretch and straighten up regularly if you're working in awkward positions. You can also alternate hands as you move along when using a roller or sanding.
- 4 Get work up off the ground.** Use a trolley, chair, portable bench or three step ladder to avoid working bent over.
- 5 Use a trolley.** A trolley keeps your gear in one place, makes it easy to move and gives you a raised working surface, saving time and effort.
- 6 Organise the back of your van or ute.** It saves time and effort when packing and unpacking.
- 7 Stay hydrated while working.** Keep a water bottle in your trolley. Your pee should be light yellow!
- 8 Consider giving up smoking.** Smoking contributes to back pain problems. Vaping may help you quit.
- 9 Have good footwear.** That includes with boot inserts. You should change your footwear when worn or after 6 to 12 months of continuous use.
- 10 Mix up your positions.** If you're working down low, switch between kneeling and squatting positions. Consider wearing knee pads to make kneeling more comfortable.

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WorkShould NotHurt

Construction is hard work but pain is not OK | Lets find ways of working that keep us injury free.

Posts About Friends 11 Photos Videos Check-Ins More Friends Message

Intro

Write something to WorkShould...

Photos

See All Photos



Photo/Video Tag Friends Feeling/Activity

Posts

Filters



Search Facebook



SAVE OUR SPINES

New activity ▾



Rakaipaka Olsen Puriri-Ahmu shared a link.

1h

<https://gladders.co.nz/mightylite/>



LGLADDERS.CO.NZ

Tuff-N-Lite - Little Giant Ladders New Zealand

Tuff-N-Lite Spec Sheet Manual Everyone needs an ultra-functional stepladder. If you are looking for a lightweight, comfortable-to-use stepladder that helps you safely reach those high places, the MightyLite...

Seen by 5



Like



Comment



Share



Write a public comment...



Rakaipaka Olsen Puriri-Ahmu shared a link.

1h

<https://gladders.co.nz/king-kombo/>



LGLADDERS.CO.NZ

King Kombo Multi-Position Ladder - Little Giant Ladders New Zealand

This 3-in-1 multi-position ladder easily converts to A-frame, extension

About

Did you know that back injuries and strains and sprains are the leading cause of time off work and early retirement in the New Zealand Plumbing ... [See More](#)

Public

Anyone can see who's in the group and what they post.

Visible

Anyone can find this group.

General

Recent media



JURIES THAT CAUSE THE BIG

1,434

138



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