



Welcome

Welcome to Issue #9. Please feel free to contact us if you would like to discuss any aspect of the newsletter - our contact details are at the bottom of this page.

Discomfort, Pain and Injury (DPI) Management Tools

We talked about DPI in our first newsletter a little while ago.

ACC has added a range of informative tools to their webpage which are easy to download and can be used as part of your ergonomic programme. Check out www.habitatwork.co.nz

The information is based on latest research and will be useful for a wide range of business activities. The tools can also be ordered in a format supportive of your own intranet system.

Reducing your DPI Risk

Think about some of the ways you can reduce your DPI risk.

1. Work Organisation
 - Provide sufficient staff to cover sickness, deadlines and holidays
 - Schedule regular rest breaks and rotate staff between different activities (three or more activities)
 - Consult and inform employees about hazards and how to avoid them.

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2. Workplace Layout/ Awkward Postures
 - Reduce handling distances and twisting actions
 - Provide sufficient space to perform the task
 - Avoid the need for squatting, kneeling or crouching
3. Task Invariability
 - Avoid repetitive actions and vary the work to rest different muscle groups
 - Provide sufficient rest breaks
 - Limit duration of handling, and particularly if standing or sitting
4. Load/ Forceful Movements
 - Provide mechanical lifting aids and train to use them safely
 - Make the load lighter or reduce the force being applied or split the load
 - Make the load stable and easier to grip.
5. Individual Factors
 - Consider age, fitness and other needs
 - Plan for new employees and those returning to work after illness or injury
 - Provide training specific to the tasks being performed
6. Psychosocial Factors
 - Provide a supportive workplace environment where staff can report discomfort and pain early
 - Improve shift work rosters and reduce unsociable hours
 - Do not promote the belief that work is harmful.
7. Environmental
 - Cover outdoor areas and protect employees from wind
 - Monitor temperature, noise and light
 - Remove clutter, rough surfaces and obstacles

"There is no happiness except in the realization that we have accomplished something" Henry Ford

Why health and safety makes good business sense

Implementing a health and safety system correctly will result in some direct and indirect benefits.

Direct benefits range from reduced insurance and workers' compensation premiums, reduced sick pay costs, lower injury and illness costs, fewer production delays, reduced product and material damage and improved production/ productivity rates

Indirect benefits range from reduced absenteeism, reduced staff turnover, improved business image and improved job satisfaction/ morale.

It follows on that these benefits will have a positive flow-on effect of increased quality of work and productivity through the following common elements:

- A high quality working environment
- Good level of co-operation between management and employees
- Work organization that provides employees with challenges, responsibilities and job autonomy
- Development of new working methods and equipment to improve working postures and decrease strain level of physical work
- Allowing creative solutions for specific health and safety problems
- A thorough analysis of the different production costs that can be directly or indirectly related to health and safety hazards (cost of incidents, loss of productivity and quality and other production costs)

In summary, implementing an effective health and safety system makes good business sense as it may decrease your ACC premiums, create a safer work environment decreasing risk of fines and penalties and increase the quality of work and productivity.

Do not hesitate to contact us if you require help with your health and safety system.

Tip of the month

Emergency Preparedness – Evacuation Schemes

Check to see if your building requires an evacuation scheme. Go to <http://evaonline.fire.org.nz/> for further information.

What's new...?

Resources from DoL

A Principal's Guide to Contracting to meet the Health and Safety in Employment Act 1992 (2010)

Download this from the DoL Health and Safety Publications page www.osh.dol.govt.nz

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Workshop Coming Up – Christchurch

Date	Course
1 October	Setting up Effective Health and Safety Systems Duration: 1/2 day Fee: \$175 +GST per person
6 October	Managing your Contractors Effectively Duration: 1/2 day Fee: \$175 +GST per person
7 – 8 October	S1 Approved Course for H&S Representatives – Introduction to Health and Safety Duration: 2 days Fee: \$500 + GST per person
15 October	Best Practices in Incident Investigation Duration: 1 day Fee: \$350 + GST per person
20 October	Preparing for your ACC Audit Duration: 1 day Fee: \$350 + GST per person

Did you know?

- You blink 15,000 times a day.
- American George Eastman invented the paper film roll for photography in 1885
- The Great Pyramid of Giza is the only one of the Seven Wonders of the World that still survives.

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