

# Health and safety at work

## Knowing the statistics

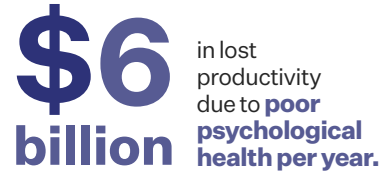
The **median time lost** across over 100,000 serious claims is



Work related injuries **cost the Australian economy**



Australian businesses lose



Approximately

**7 in 1,000**

workers sustain an **eye injury** every year.



It only takes

**15 min** a week to **suffer hearing damage**

from noise levels above 105dba.



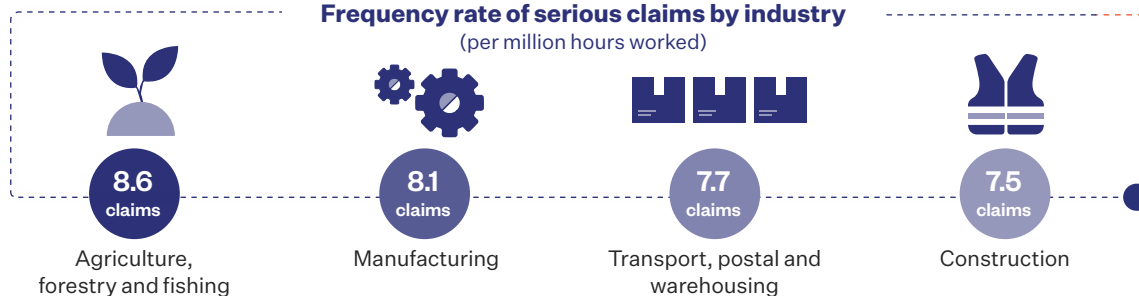
**Work related stress** is a psychological hazard. Under the law, these are **treated the same as physical ones.**



### Proportions of serious claims by occupations



### Frequency rate of serious claims by industry (per million hours worked)



# Changing the statistics

## Reduce the most common cause of injury

### Body stress

Allow workers to take **regular breaks**.



Provide access to **training** on health and safety policies.

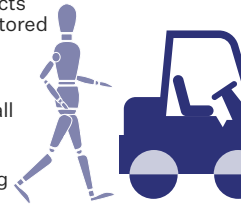
### Falls, trips and slips

- Assess your workplace for **hazards**.
- Maintain general **cleanliness**.
- Have high risk areas clearly **signed** and ensure access and usage of **Personal Protective Equipment**.



### Being hit by moving objects

- Walk **behind** moving equipment when possible.
- Heavy objects should be stored **close to the floor**.
- Make sure all objects are **secured** before lifting them.



### Advise your team on the best desk set-up:

Elbows should be at **right angles**.

Backs and feet should be fully supported by adjusting the position of the back rest and **chair height**, using a **foot rest** if needed.



**Monitors** should be arm's length away and slightly below eye level. Provide **monitor risers** if needed.

Wrists should be supported and straight when using a **mouse** and **keyboard**.

### Protect eyesight

Provide appropriate PPE to workers at risk such as **safety glasses**, **goggles** and **sun protection**.



Provide suitable first aid equipment, **first aid kits** and eyewash stations.

When looking at a screen workers should take a **20 second break every 20 minutes**, looking at something 20 feet (6 metres) away.



### Reduce noise exposure

- Isolate the source of the noise, using **barriers** or soundproof covers.
- Restrict access** to noisy areas.
- Ensure **proper maintenance** of equipment and tools.
- Ensure use of PPE such as  **earmuffs or ear-plugs**.
- Have clear instructions on using PPE correctly, and clear **signage** on mandatory usage areas.



### Prevent psychological injuries

Identify and control key contributing factors:



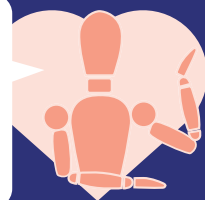
Poor support with job demands

Low role clarity

Poor workplace culture

Low reward and recognition

Clearly communicate support available to manage all areas of workplace healthy and safety.



For everything your workplace needs to work safely, shop our range at [winc.com.au](http://winc.com.au) or ask to speak to a Winc Health, Hygiene and Safety Specialist by calling 13 26 44.