

# NZ Safety Alert

Let's work together to keep ourselves and our workers safe.

17 September 2021

## Worker injured using hammer and bolster

A worker was splitting a rock with a hammer and bolster when he felt a muscle strain.

He continued working however the pain became worse and he stopped the task to rest.

Occupational injuries have been increasing over recent years with sprains and strains, cuts and abrasions, and broken limbs becoming far too common.

There were 21 such incidents in the three months to June 2021.

MinEx data on incidents with the potential to cause harm over the 48 months to June 2021 show 14% of all incidents (577 incidents) result in occupational injury.



### You need to ensure that:

1. You review all manual handling tasks to see if there are practical mechanical alternatives or other procedures that can reduce the risk of injury.
2. Ergonomic assessments are conducted to ensure workers are carrying out manual tasks safely.
3. Workplace inspections include behaviour and task identification to ensure tasks are carried out safely and as designed.

**Know of an incident or near miss? Please share the learnings with us.**