

INTRODUCTION

Identifying the risks that contribute to sprains and strains in the workplace is one way to prevent sprains and strains from happening in the first place.

One way to identify risks is to go 'on safari' in your workplace.

WHAT TO DO:

One Toolbox Talk works well for businesses with up to 10 workers. If you have more than 10 workers, you should consider running a workshop.

1. Ask workers to take photos of potential sprain and strain risks using their mobile phones over a two-week period. Each person, including workers and managers, should take two or three photos of something that they perceive as risky or that they find triggers pain or discomfort at work. On the positive side, they can also take pictures of work situations or equipment that they think could help prevent sprains and strains.

2. The quality of the photos doesn't matter and they don't have to be self-explanatory. Have each worker or manager provide brief explanations of their photos. For example, you might have a picture of container that holds small parts. The height of the container might force someone into an awkward body position when taking things out of the bin. An example of a picture of something that helps to prevent sprains and strains might be a photo of colleagues helping each other out when they're under a time crunch.
3. Each person can print out their photos and glue them to a board, which might be in the lunchroom or a meeting room. Once the safari is over, the person leading the project arranges a Toolbox Talk where everyone can discuss the photos on display. The goal is to establish a shared understanding of what the photos represent.
4. After that, you can group the photos according to theme, such as good and bad storage techniques, loading trucks or body positions.



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