

# TRADIES NATIONAL HEALTH MONTH

August is a time to focus on the health of Tradies around the country.

This month we will be focusing on health issues prevalent to Tradies and ways of enabling you to get the most out of you!

- 1 **KNOW THE STATISTICS.** Tradies account for 30% of the Australian workforce, yet represent 58% of all serious worker's compensation claims.
- 2 **WHAT TO LOOK FOR.** The most common injuries include; traumatic joint injuries (44%), wounds and lacerations (18%), sprains and strains (15%), and fractures (10%).

## Serious claims for tradies 2010-11 to 2014-15



Incidence rate



### Most common types of serious claims



**44%**  
Traumatic joint  
injuries



**18%**  
Wounds/  
lacerations



**15%**  
Musculoskeletal  
disorders



**10%**  
Fractures



Tradies are  
**30%**  
of workforce



but represent  
**58%**  
of serious claims

Source: Safe Work Australia's National Data Set for Compensation-based Statistics, 2014-15.

Note: For the purposes of this infographic, 'Tradies' are comprised of Technicians and trades workers, Labourers, and Machinery operators and drivers.



safe work australia



- 3 RISKS ASSESSMENTS.** These are one of the most powerful tools to prevent injuries. Taking a couple of minutes and looking around the worksite and reviewing what work is to be done, you will be able to pick out your hazards, find ways of eliminating or minimizing them, and know how you are going to proceed. Those few minutes of planning can save not only years of pain and misery, but could save your own or someone else's life.
- 4 TAKE ACTION.** Do what needs to be done to keep you and others healthy. This can be stretching before lifting heavy objects, protecting your hearing in noisy environments, healthier meal options and staying well hydrated, especially in hotter weather.
- 5 ADDRESS ANY HEALTH CONCERNS EARLY.** If you notice something not right with your health, get it checked out. A little niggle now can become a huge problem later. Also, regular medical check-ups and physicals are paramount in monitoring your health and wellbeing and ensuring early intervention when something does arise.
- 6 TAKE TIME OUT FOR YOU.** Make sure you have a good work-life balance. Take time out to do the activities you love to do. Go on that camping trip, walk the dogs, take that overseas holiday. Sometimes a holiday is what you need to recharge and move forward.
- 7 TALK ABOUT IT.** If you find yourself at the bottom of a heap of personal issues, ask for help. It may be nothing more than having coffee and a chat with someone to help you clear your mind. Even enlisting in a few psych sessions to help you work through what's bouncing around in your head will help you stay focused when you need it most.



Everyone needs to take the time and look out for themselves and others around them. Remember that you cannot be your best unless you are physically and mentally at your best.

If you are interested in a toolbox talk at your business about being a Healthy Tradie, contact our WHS advisors at [safety@peer.com.au](mailto:safety@peer.com.au).