

Workplace Health and Safety Queensland

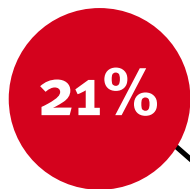
Injury hotspots for young female workers

Ages 15-24 years

These are the most common workplace injuries for girls like you – female workers aged 15-24 years, based on accepted workers compensation claims.

Back 21%

Sprains and strains from actions like bending, twisting, squatting, leaning over and turning



Wrist 8%

Sprains and strains, including repetitive strain injuries

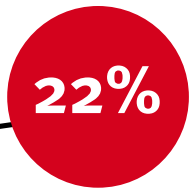


Shoulder 7%

Sprains and strains

Hand, fingers, thumbs 22%

Cuts and wounds from knives, mostly from preparing food



Knee 6%

Sprains and strains



Ankle 5%

Sprains and strains from walking down stairs and tripping over things



Source: Queensland Employee Injury Database. Data current as at July 2009 and is subject to change over time. Based on accepted workers' compensation claims, excluding commuting claims, between 2000-01 and 2007-08.

Health and safety tips

Employers should assess the risks in a workplace by preventing or minimising the risk of injuries, to protect workers from injury. It is important for employers to work with employees to ensure the most effective solutions are put in place. Proper induction, training and mentoring for young workers can demonstrate and reinforce sound and safe work practices.

Below are some health and safety tips for young workers, to reduce the risk of injury.

Protect your hands and fingers

No matter how old you are or how much experience you have, you still need to take care around knives and sharp tools.

- Make sure you know what you're doing – double check that you know how to do the job safely and ask for training if you're not sure.
- Check that you've got the right knife – one that's designed for the job, sharp and in good condition.
- Put on your personal protective equipment (PPE).

Protect your whole body

When you're doing physical tasks it's about working smarter, not harder!

- Ask your boss to help you with:
 - setting up your work environment so that you're not working in awkward postures (e.g. bending, twisting, crouching or leaning)
 - organising your workload so you don't have to move things many times or do the same action for a long time (i.e. avoid double handling)
 - varying your tasks so that you're not doing similar types of movements (such as typing) over and over for a long time without breaks.
- Use machines, aids or tools to help you to handle loads.
- Use the right tool or equipment for the job.

For further information visit www.worksafe.qld.gov.au or call the Workplace Health and Safety Infoline on 1300 369 915.