



FACTS AND FIGURES FROM SAFETY NEW ZEALAND WEEK 13-19 AUGUST 2006 (based on ACC`s claim information)



WORK SAFETY

Regardless of your occupation everyone should be safe at work. Whether you`re a desk jockey or a demolition expert you can be safe at work. Last year more than 100 people died due to unsafe conditions or unsafe working practices at work. A further 36,609 people received moderate to serious injuries while at work – that`s more than the population of Gisborne.

Top 5 work safety tips:

- always wear the right protective gear
- take regular breaks
- report hazards immediately
- check your workstation set up
- if you suffer an injury, have it seen to promptly



ROAD SAFETY

The road is a very dangerous place. Last year on NZ roads 405 people were killed and 5128 received moderate to serious injuries as a result of motor vehicle accidents – that`s enough people to fill 10 buses. In fact you are more likely to get killed on the road than any other location and you are most likely to be injured from accident caused by drink driving, speed and driving when tired.

Top 5 road safety tips:

- always wear your safety belt
- drive to the conditions

- take extra care at intersections
- never drink and drive and never get into a car with a drunk driver
- if you feel tired, pull over and take a break



HOME SAFETY

Your home is one of the most dangerous places with 29,910 people (the population of Timaru) injuring themselves last year and 317 people being killed. The biggest causes of injuries are slips, trips and falls. There are few simple things you can do to stay safe at home.

Top 5 home safety tips:

- fasten loose rugs with Velcro or double sided tape
- use non-slip bathmats inside and outside the bath and shower
- mop up spills as soon as they happen
- keep your first aid kit well stocked
- keep electrical cords tidied away, taped to skirting boards not under rugs

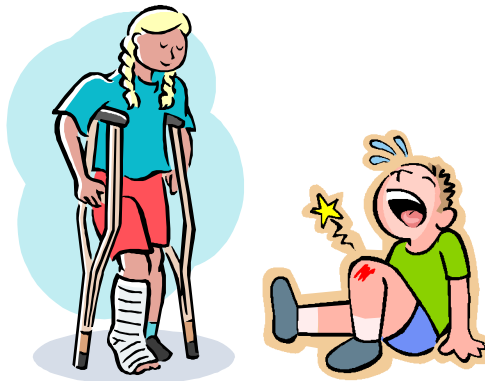


SPORT SAFETY

New Zealand is a nation of sports lovers. We're mad about team sports and with easy access to the coast and mountains, it's paradise for outdoor adventure sports. Last year 20,810 New Zealanders suffered moderate to serious injury while taking part in sport or recreation – that's more than half the capacity of Carisbrook stadium. And 74 people died as a result of sport and recreational injuries. No one likes being on the sidelines, avoiding injury is easier than you think.

Top 5 sport safety tips:

- always warm up and cool down
- wear protective gear
- treat injuries as soon as you can
- drink plenty of fluids
- follow the rules and play fair



CHILD SAFETY

Children are always falling, running into things or coming off their skateboards – it`s all part of growing up. It`s also the time when they learn the most so make sure your children pick up good safety habits to last a life time. Last year 3,171 children under the age of 15 were injured and 73 children under the age of 15 were killed – that`s 3 school classes of children.

Top 5 child safety tips

- store dangerous chemicals up high and locked away
- ensure you have an approved car seat and it is fitted correctly to your car
- get children to put away their toys so they don`t become a tripping hazard
- install guards around fires and heaters
- install gates at the top and bottom of stairs

If you are interested in improving the health and wellbeing of your organization and would like free 1 hour consultation please contact us on request@integrityrehab.co.nz