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**COMMON INJURIES**  
**FACTS**

# Injury Hotspots

Construction Labourer



photo: Lori Curtis, Safety Advisor

#### SOURCES

Workplace Health, Safety and Compensation Commission injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.



# COMMON INJURIES FACTS

## Injury Hotspots Construction Labourer *Prevention Tips*



### SLIPS, TRIPS AND FALLS

- Use the highest level of fall protection such as guard railing, scaffolds, physical barriers or elevated work platforms.
- Ensure all working areas and access points are clean, level, well-lit and in good repair.
- Remove unwanted material and construction waste regularly from work site so it does not accumulate.
- Ensure construction materials, power leads, tools and equipment are handled and positioned carefully to avoid creating tripping hazards.
- Rebar ends should be fitted with protective caps.

### USING HAND TOOLS

- Use power tools that are lightweight, low vibration, noise restricted and fitted with clutches.
- Tools should be ergonomically designed so they are comfortable to use.
- Work gloves should absorb impact energy, provide protection from sharp edges and be puncture resistant.
- Rotate workers through a variety of tasks so workers are not undertaking the same task or holding the same postures for extended periods.

### LIFTING, PUSHING, PULLING AND HANDLING MATERIALS

- Have bulky materials delivered to the final work location or use mechanical load shifting devices (e.g. cranes, material hoists, forklifts, hand trucks).
- Heavy or awkward loads should have lifting points or handles fitted.

- Ask for smaller sizes when ordering materials (i.e. cement bags of 20kg instead of 40kg).
- Use personal protective equipment that is suited to the task (e.g. long trousers, boots, knee protection pads, puncture/impact resistant gloves).
- Sharp edges of metal sheeting and strips should be covered.

### WORKING AT GROUND OR FLOOR LEVEL

- Use tables, benches or stands to bring work to waist height or use tools with extension handles (e.g. nail guns, caulking guns) to avoid bending.
- Use powered tools (e.g. carpet stretcher) and minimize use of manual tools (e.g. knee kicker).
- Use appropriate personal protective equipment (e.g. gloves, long trousers, boots and knee pads) and rotate workers through a variety of tasks.

### NOISE

- Prevent hearing loss by using noise insulated (hired, subcontracted or directly owned) equipment (e.g. silence compressors).
- Separate people from noisy activities or use barriers and screens to block the direct path of sound.
- Wear hearing protection when using power tools.
- Place warning signs in areas of excessive and continual noise.

### EYE PROTECTION

- Wear CSA approved protective eyewear that is appropriate to the conditions of the workplace.

For further information visit: [www.whscc.nl.ca/prevention](http://www.whscc.nl.ca/prevention) or, call the Workplace Health, Safety and Compensation Commission at:

**1-800-563-9000**