

Injury Hotspots – Q2 2025

Masterlink apprentices

Backs, hands and shoulders are the top three injuries reported in the second quarter of 2025.

Safety Solutions

Back Injuries

Common Causes: Poor lifting technique, awkward twisting or carrying, repetitive heavy work

Prevention Tips

- ✓ **Lift smart** – Bend knees, keep your back straight, and keep the load close to your body
- ✓ **Use equipment** – Use trolleys or hoists to lift and transport heavy materials
- ✓ **Job rotation** – Rotate physically demanding tasks to reduce strain from repetitive movement
- ✓ **Report discomfort early** – Speak up before it becomes a big issue. Don't tough it out.

Hand Injuries

Common Causes: Cuts, crushes, burns, tool mishandling

Prevention Tips

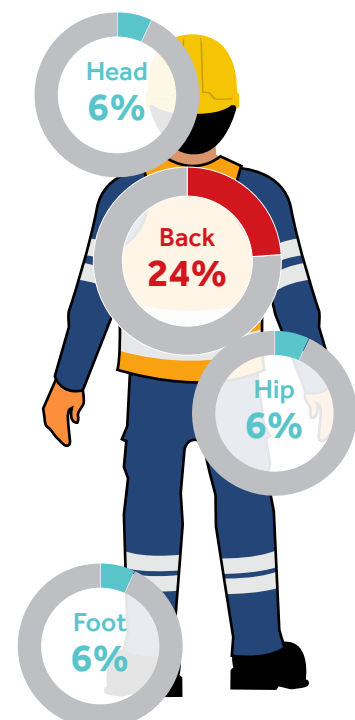
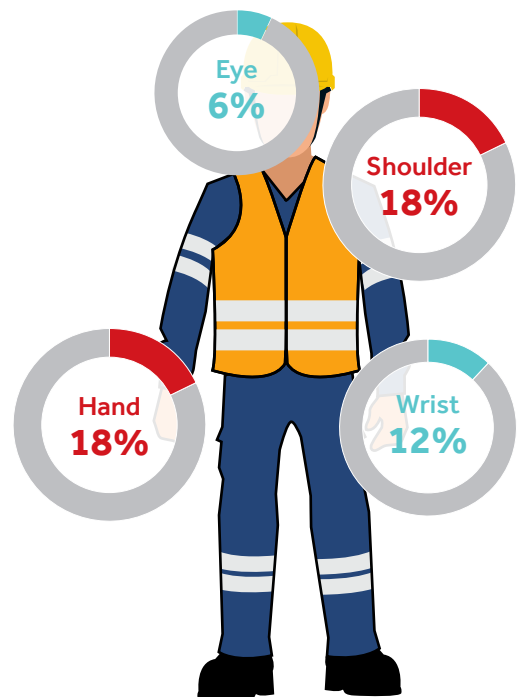
- ✓ **Wear PPE** – Wear the right gloves for the task (eg, cut resistant, insulated)
- ✓ **Maintain your tools** – Keep tools sharp and in good condition
- ✓ **Technique** – Use clamps and equipment to secure before cutting.

Shoulder Injuries

Common Causes: Overhead work, repetitive movements, heavy lifting, awkward postures

Prevention Tips

- ✓ **Reduce overhead work** – Bring the work task closer to your waist or shoulder height
- ✓ **Stretch** – Warm up your shoulders each morning
- ✓ **Take breaks** – Ensure regular quick breaks to reset your muscles and prevent overuse
- ✓ **Ergonomic options** – Lightweight tools with ergonomic grips help reduce strain during overhead or awkward positioning.



Note: All percentages have been rounded.



Tackle Injury Hotspots and Be in To Win!

Ergonomics Session + BBQ for Your Team

At Masterlink, we're seeing some clear patterns in where injuries are hitting hardest. That's why we're teaming up with **CHASNZ** to help you fix the risk **and** reward your team for staying safe on the job.

Thanks to the **Work Should Not Hurt** team at CHASNZ, you could score one of **THREE** awesome prize packs for focusing on safety.

You could win:

- A free on-site ergonomics or workshop evaluation
- A practical, expert-led toolbox talk for your team
- A team BBQ on CHASNZ!

How to enter

1. **Scan the QR code**
2. Complete the **Foundation Assessment Toolkit** — it takes 1–2 minutes
3. You'll receive a personalised report to help manage strains and sprains
4. You're automatically entered into the draw!

Entries close: 31 August 2025

