

Preventing summer DIY and gardening injuries

ACC

PREVENTION. CARE. RECOVERY.

Te Kāpōwhirihiā Awhina Hanga Whāia

Summer is the time when many people embark on DIY and gardening projects. But did you know that each year tens of thousands of New Zealanders are injured doing jobs around the house?

This sheet provides interesting facts, safety tips, ideas and resources to help you and your staff stay safe during the long weekends over the summer.

KEY FACTS ABOUT DIY

- In 2011, over 75,000 people in New Zealand were injured from a fall outside the home.
- You are more likely to fall on holiday weekends and in the summer months, as people spend more time at home and often take on DIY and gardening projects.
- In 2011, nearly 8,500 people aged 25 to 64 years were seriously injured doing DIY in New Zealand.
- In 2011, around 80% of all DIY injuries were suffered by men.
- Over 5,000 people were seriously hurt in accidents involving ladders in 2011.
- More than 10,000 people were seriously hurt from a fall while gardening.

SAFETY TIPS

Ladder tips

- Check your ladder before using it. Never use a ladder with missing, broken or loose parts - it's just not worth the risk.
- When setting up a ladder, make sure it is on a firm, even surface. The best advice is to secure the base of the ladder.
- Always keep three points of contact when climbing a ladder (for example, two feet and a hand) and never over-reach sideways.
- Ladders are not designed as working platforms. For big jobs such as painting walls, consider using scaffolding or hire a professional.
- Go to <http://www.consumer.org.nz/reports/ladders> for more information on ladders including some recommended ladders to buy.



Water blasting safety tips

- Pay attention to where the nozzle is pointing. High pressure water can cause serious injury if it is directed at people or animals.
- Ensure you wear sturdy non-slip footwear, wrap-around safety glasses, hearing protection and stout gloves.
- Be aware of slippery surfaces, especially when carrying heavy equipment that may affect your balance.
- Take care when you move the waterblaster to ensure you don't block or restrict your work area. Try to keep the work area clutter-free, so that if you do slip and fall, you won't land heavily or awkwardly on equipment or other obstructions.
- If your waterblaster has a two-stroke motor, take care to avoid its exhaust which can cause serious burns.
- Waterblasting on the roof should be done by a professional who knows how to correctly use a full harness that is fixed to a properly installed anchor bracket.

DIY safety tips

- Check the area you're working in is clear of clutter and hazards, including unstable or slippery surfaces.
- When using power tools, always keep the safety guards in place and make sure you wear closed shoes, preferably non-slip boots.
- If you're building a deck, grooved timber provides grip, or add sand to your deck paint.
- Beware of dust, fumes, gases and smoke. Make sure your work area is well-ventilated and wear the right sort of respiratory protection.



Gardening safety tips

- When cutting back bushes, make sure your footing is stable and do not operate tools above shoulder height.
- If you're carrying garden rubbish, make sure you can see where you're going. It's easy to trip and fall.
- When pruning high tree branches, use a secured ladder or ask someone to hold the ladder steady.
- Sprinklers and hoses can make paths and steps slippery. Take extra care if you've been watering the garden.



IDEAS TO ENGAGE STAFF

- **DIY colouring competition** – run a competition for your employee’s kids. Ask them to create their own DIY or gardening safety posters to help spread the safety message within their family.
- **Summer safety presentation** – use the ‘Did you know?’ DIY or ladder presentations to set the scene. Ask staff to make a pledge as to the one thing they’re going to do differently to avoid falls this summer. The ‘Did you know?’ presentations are available at www.homesafety.co.nz
- **Gardening club** – are any of your staff keen gardeners? Maybe people swap gardening tips and cuttings already. Why not encourage them to get together and talk about garden safety as well? Simple things like putting away hoses and taking care when paths are wet can prevent serious falls.
- **Staff communication** – use emails, newsletters or the intranet as channels to promote DIY and gardening safety. Use some of the interesting facts and safety tips to help keep their people safe while outside this summer.
- **Danger Rangers** – is a fun game for kids to play online and helps them identify the hazards in and around their home. Play it now at http://www.acc.co.nz/PRD_EXT_CSMP/fragments/dangerrangers/home/index.html

RESOURCES

DIY article

You can use any of these articles, facts and tips in your newsletters or on your intranet. The articles are available at <http://www.acc.co.nz/preventing-injuries/at-home/diy-around-the-home/index.htm>



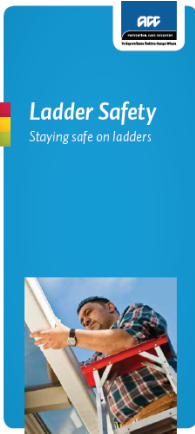
DIY leaflet (ACC 4807)

This leaflet highlights some key DIY statistics and provides tips on how to keep safe when working with tools, ladders and chainsaws. The PDF of this leaflet is available in the resources section of www.homesafety.co.nz



Safer and healthier gardening (Ministry of Health HE4605)

This brochure has information on garden safety and reducing risks when gardening. It covers a range of topics including legionella, tetanus, spider bites, poisonous plants, bee stings, melanoma as well as advice to prevent injuries while gardening. Order printed copies or download a PDF from <https://www.healthed.govt.nz/resource/safer-and-healthier-gardening>



Ladder safety leaflet (ACC4407)

A handy guide to preventing injuries when using a ladder at home. It's full of practical advice and useful tips to help you stay safe. Download the PDF from the resources section of www.homesafety.co.nz



Standards NZ tips brochures (ACC6061-4)

These brochures contain a safety checklist on things to consider at the site layout stage of building or renovating your home. There is a series of four brochures developed by ACC and Standards New Zealand to supplement SNZ HB 4102:2011 Safety in the Home. These brochures can be ordered or PDFs downloaded from the publication section of www.acc.co.nz



'Did you know?' DIY and ladder presentations

These animated presentations (PowerPoint or video format) have engaging facts about DIY and ladders. They help to raise awareness about the potential dangers of DIY and using ladders and provide safety tips to prevent injuries. They are available in the resources section of www.homesafety.co.nz



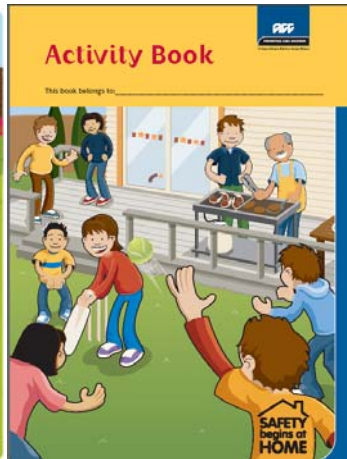
Falls posters (ACC5909, ACC5906)

A fall in or around your home or someone else's could seriously stuff up your summer holiday plans. A series of posters are available to highlight the consequences of a home fall. Download the PDF from the resources section of www.homesafety.co.nz



Fight the 5 flyer (ACC6481)

Fungi is one of the five home hazards that cause falls in the home. Find out how to fight it and other hazards with this flyer. Download the PDF from the resources section of www.homesafety.co.nz



Kids Activity Booklets (ACC5915, ACC4175)

These booklets are packed with activities for primary school kids to do, to learn more about safety at home. Download the PDF from the resources section of www.homesafety.co.nz



Colouring sheet (ACC6143)

Print out copies of this colouring sheet to use for competitions. A PDF is on the resources section of www.homesafety.co.nz



The Great Summer Party Guide (ACC6133)

This is a summer guide for people hosting BBQs, parties and other social occasions at home. It aims to provide hosts with practical ideas, recipes and tips to help them to look after guests around alcohol.

Download a PDF from

<http://www.easeuponthedrink.org.nz/resources-and-help%23for-hosts-at-home> or request copies from ACC at homesafety@acc.co.nz

If you have any questions or need further information, please email homesafety@acc.co.nz