



A Sustainable Injury Reduction Program that Works!

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The Rationale:

1. Sprain & strain injuries = 62% of all LTI's in mining & const.
2. 50% = lower back. Ave long duration claim costing \$86k
3. In 2006–07, labourers and related workers had 39 claims p/day involving one or more weeks off work.
4. QLD Coal = 1,677 : TRI in 2007-2008
5. QLD Mining = 10,776 : LTI days lost in 2007-2008

Are Back Care Programs Working?





SafeSpine™ Overview:

SafeSpine™ - a functional & holistic musculoskeletal health education package designed to reduce injuries & sustain behaviour & culture change.





Expected Outcomes:

1. Create & Sustain a positive workplace health culture
2. Reduce the incidence & severity of Soft Tissue Injuries
3. Improve site morale & team cohesion
4. Improve employee knowledge & awareness
5. Improve perception of employee value

Objective Results:

1. Laing O'Rourke (construction) – 89% reduction in LTI's over 12 months.



2. Downer EDI (engineering) – LTIFR down from 7.72 in 2007 to 1.09 in 2008.



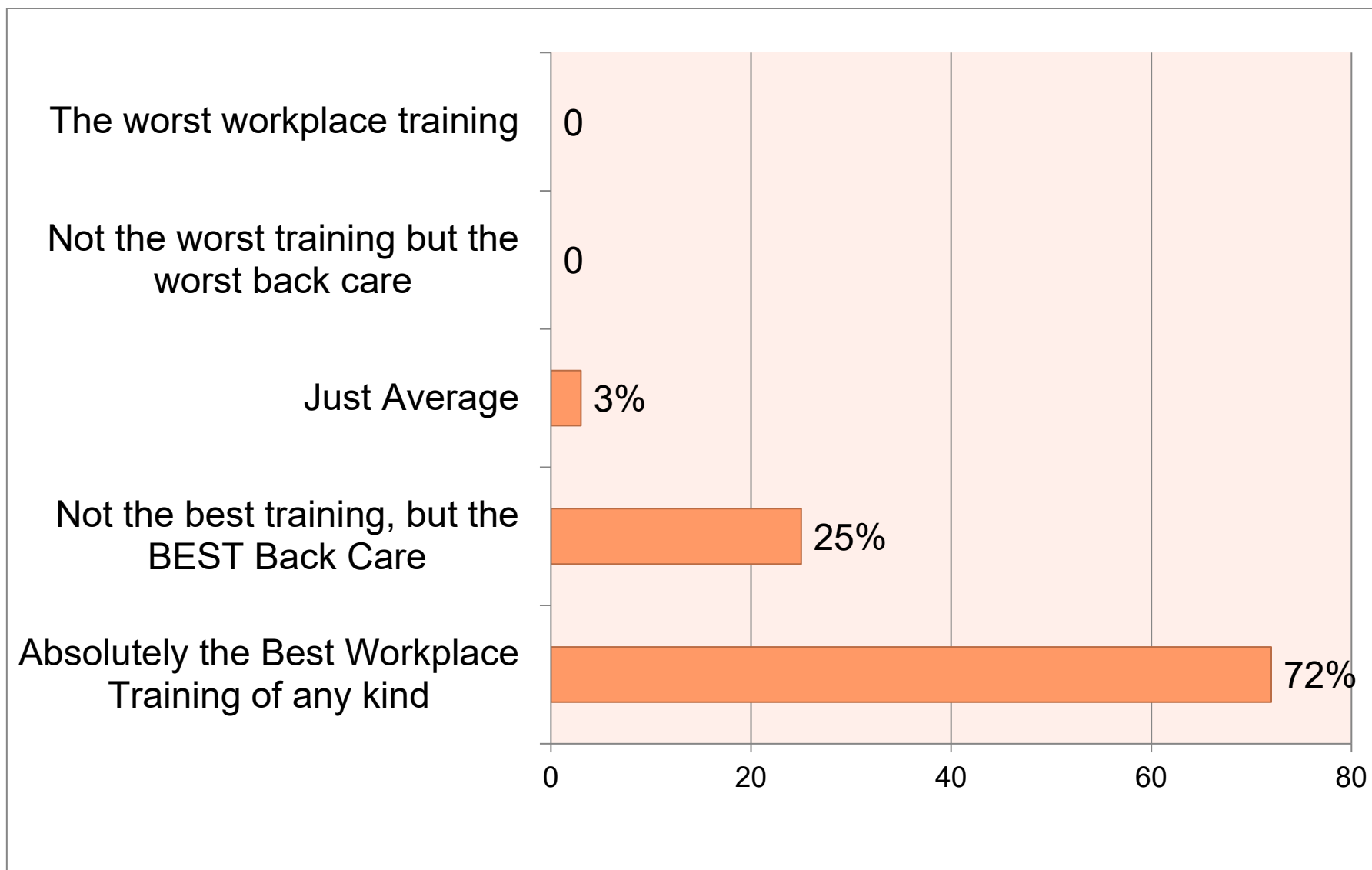
3. WesTrac (equipment) – 50% reduction in all TRI's within 6 months of implementation



4. 2 x independent university studies

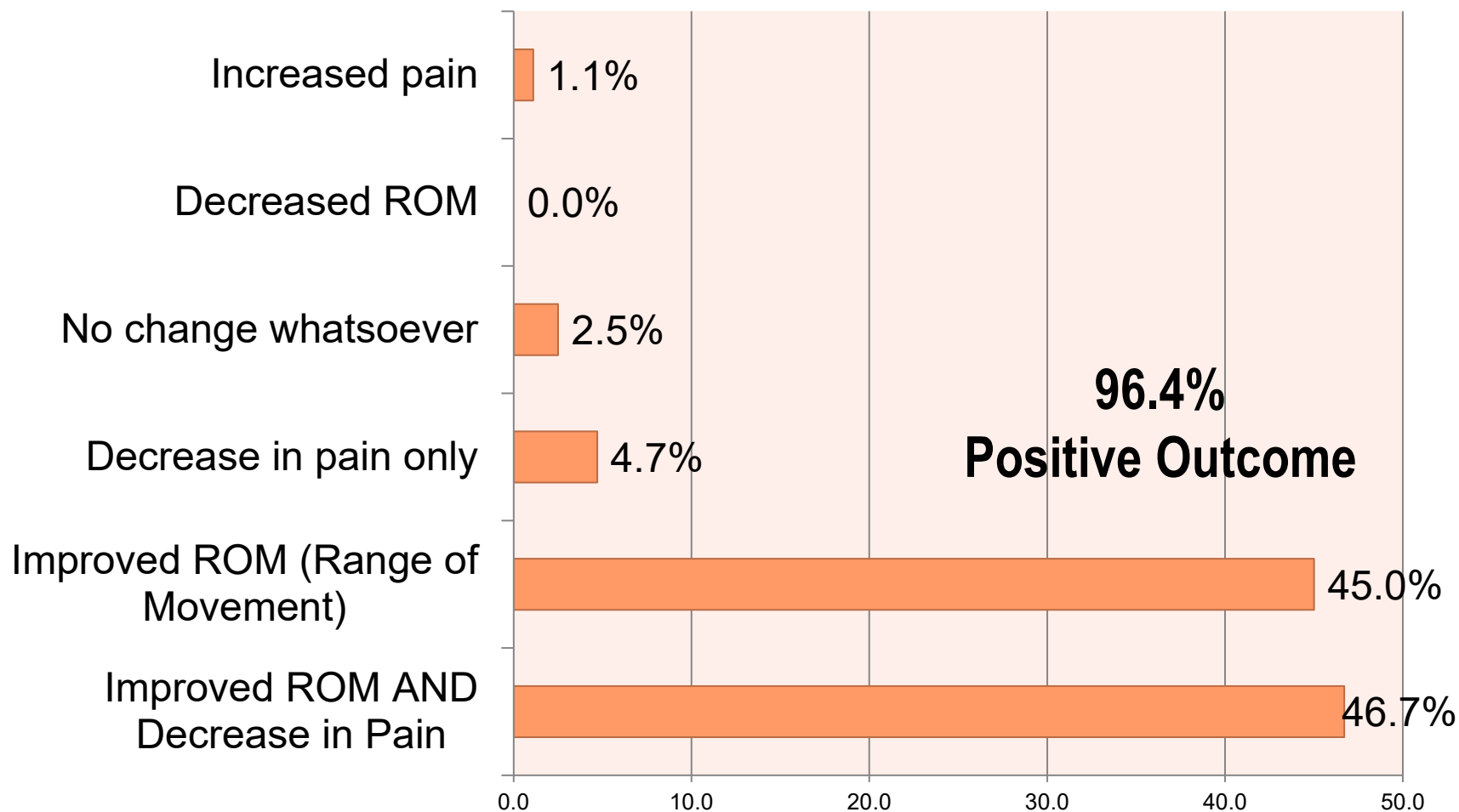


Subjective Feedback - >16,500 participants





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Case Study 2006-2008

- BHP Billiton
- Thiess
- John Holland Group
- Monadelphous
- Macmahon
- Laing O'Rourke
- Fluor / SKM
- Downer EDI Engineering
- ThyssenKrupp
- Brierty Contractors
- Decmil
- Wylie & Skene

Program implemented across >4,000 strong workforce

How was it Done?





What is a Safe Spine?





Question...

**Can a SafeSpine
always be maintained?**



Program Principle





Program Principle





Question...

Functional Principles

=

Engagement

=

Behaviour Change



Program Delivery





Program Delivery





Program Delivery





Program Delivery





Program Delivery



Program Sustainability



Onsite Health Solutions **bhpbilliton**

Providing the best wellness and injury prevention solutions

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- HealthCheck Personal Report

Services

- Wellness Tracker

Resources

- Health & Wellness Newsletter
- Wellbeing Goal Planner
- 10 Steps to Healthy Living
- Wellbeing Calendar

National Diabetes Week

National Diabetes Week is held from 12 July 2009. It's an excellent time for all Australians to take just a few minutes to understand more about the risks of developing this disease, which is in epidemic proportions in Australia.

Influenza Centre

Learn all you need to know about the outbreak of swine flu and other sorts of influenza here.

Diabetes Centre

Type-1 diabetes : a research breakthrough

Doctors and scientists in Melbourne have recently successfully transplanted insulin-producing islet cells from a donor pancreas into patients' livers, where they began to produce insulin. [more...](#)

Interactive Toolbox

Do you know your Body Mass Index, your target heart rate or your basal and active metabolic rate? You can calculate all that out plus more with our health calculators. [more>>](#)

Time management
Stress management
Listening & reflecting
Assertiveness



Key Program Success Points

Fun, Functional & Sustainable





Thank you.



Fun people, Serious health programs