



# An Integrated Approach to Injury Prevention and Improved Safety in Coal Mining

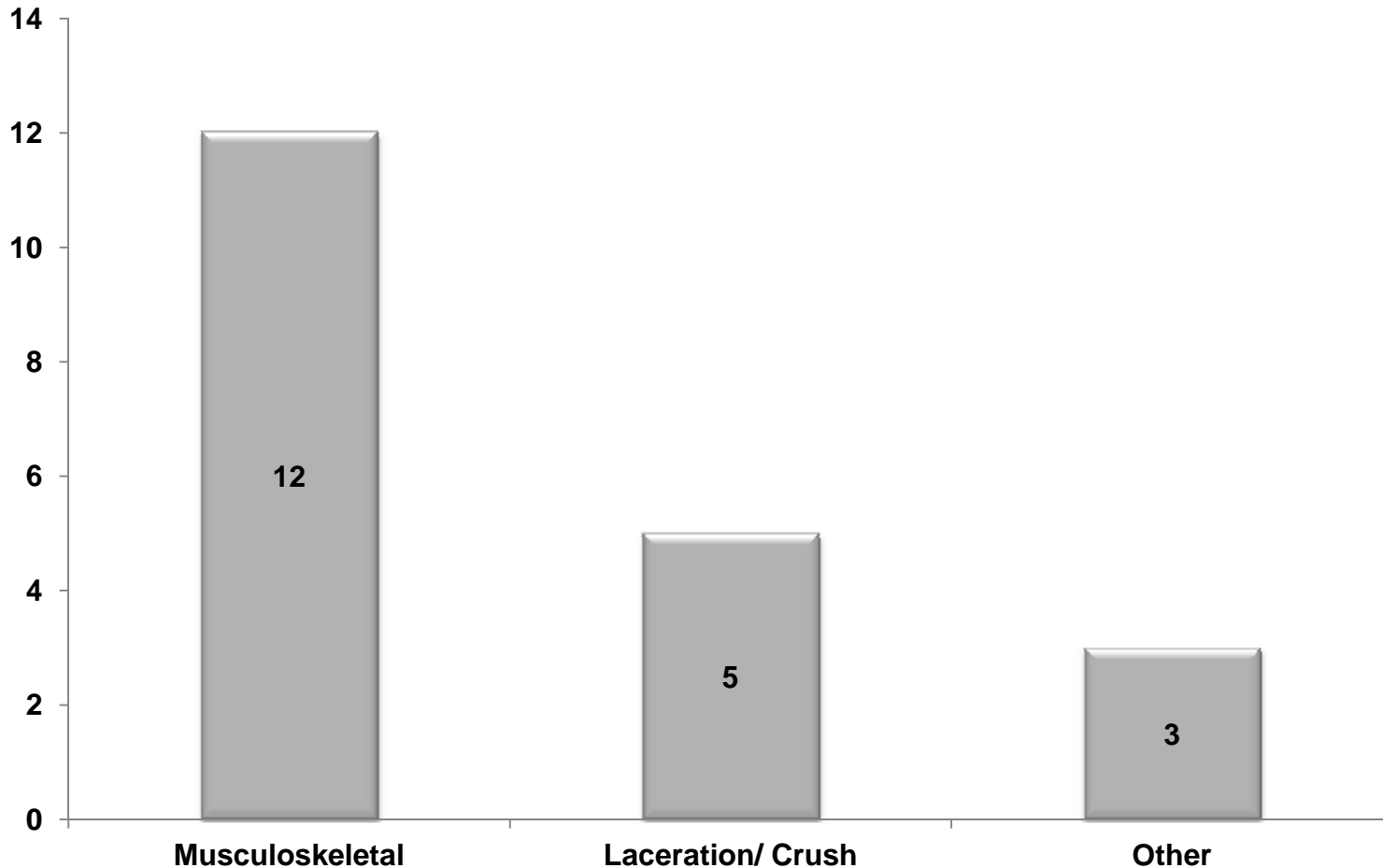
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# Recordable Injury Breakdown

May 2011-April 2012





# The ONE Constant- Health & Safety

# Consistency



## Implementation of a three-pronged approach to;

- Prevent musculoskeletal injury
- Decrease injury frequency and severity rates
- Provide a superior health service for all employees

★ Consistent integrated clinical management process and onsite physiotherapist

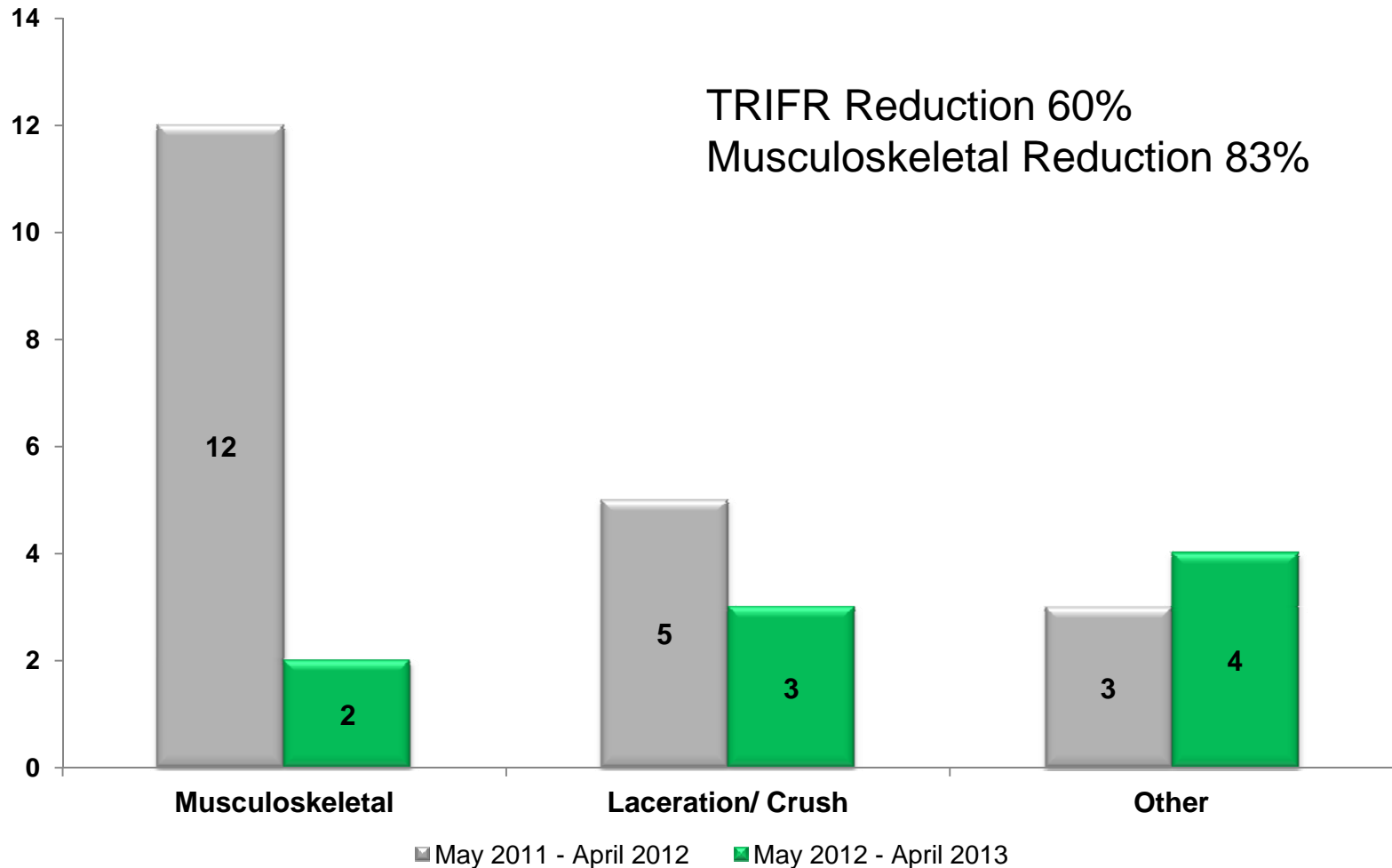
★ Multi-level injury prevention program

★ Refining of rehabilitation process and expansion of services



# Recordable Injury Breakdown

*Reduction of musculoskeletal injuries on site*



# Injury Management

*Implementation of a consistent, integrated clinical management process*

- NMA- guidelines
- Onsite physiotherapist 3 days/week
- Timely reporting
- Assessment and treatment of WR, NWR, and contractors
  - Precautionary duties
  - Education and ergonomic and biomechanical training/re-education
- Injury Statistics



# Injury Prevention

*Injury prevention programs targeted at the health and safety of the workforce*

- Critical Job Demands Document/Job Dictionary
- Manual Task Handling Training
- Ergonomic setup (office/operators/workshop)
- ERT up-skilling
- Regular interaction with workforce



# Healthy Bodies, Healthy Lifestyle

*Valuing our people*

- Health Management Plan (HMP)
- Onsite Dietician
- Camp Personal Trainer
- Monthly Health and Wellness Newsletter





## How did we do it?

- Consistent education of the workforce.
- Support from management.
- Analysis of statistical trends.
- Consistent approach to Injury Management.



## How can you do it?

- Know your workforce.
- Gain support from management.
- Use a qualified and experienced organisation to run initiatives.
- Know how effective your current injury prevention and management programme is.



# Questions?