



THE CENTER FOR CONSTRUCTION
RESEARCH AND TRAINING

Work Should Not Hurt! A participative ergonomics program from New Zealand

FEBRUARY 26, 2025

Moderator: Chris Trahan Cain, CIH, Executive Director, CPWR

Panelists:

Chris Polaczuk, Ergonomics Programme Manager, Construction Health and Safety NZ

Stephven Kolose, PhD, Principal Ergonomist, Construction Health and Safety NZ




Housekeeping

- Today's webinar will be recorded and automatically shared via follow-up email.
- The recording and slides will also be posted on cpwr.com/webinars.
- Attendees are automatically muted! Please submit panelist questions via the Q&A box.
- Spanish audio is available via simultaneous interpretation

Simultaneous Interpretation

WINDOWS / MAC / BROWSER

1. In your meeting/webinar controls, click **Interpretation** .
2. Click the language that you would like to hear.
3. (Optional) To hear the interpreted language only, click **Mute Original Audio**.

Notes:

- You must join the meeting audio through your computer audio/VoIP. You cannot listen to language interpretation if you use the [dial-in](#) or [call me](#) phone audio features.

ANDROID / IOS (MOBILE APP)

1. In your meeting controls, tap the ellipses **...**.
2. Tap **Language Interpretation**.
3. Tap the language you want to hear.
4. (Optional) Tap the toggle to **Mute Original Audio**.
5. Click **Done**.

Notes:

- You cannot listen to language interpretation if you use the [dial-in](#) or [call me](#) phone audio features.



CHASNZ
WORK SHOULD NOT HURT

'Work should not hurt'

Advancing Musculoskeletal Injury
Prevention in Construction

Chris Polaczuk and Dr. Stephven Kolose



CHASNZ
Construction Health & Safety NZ

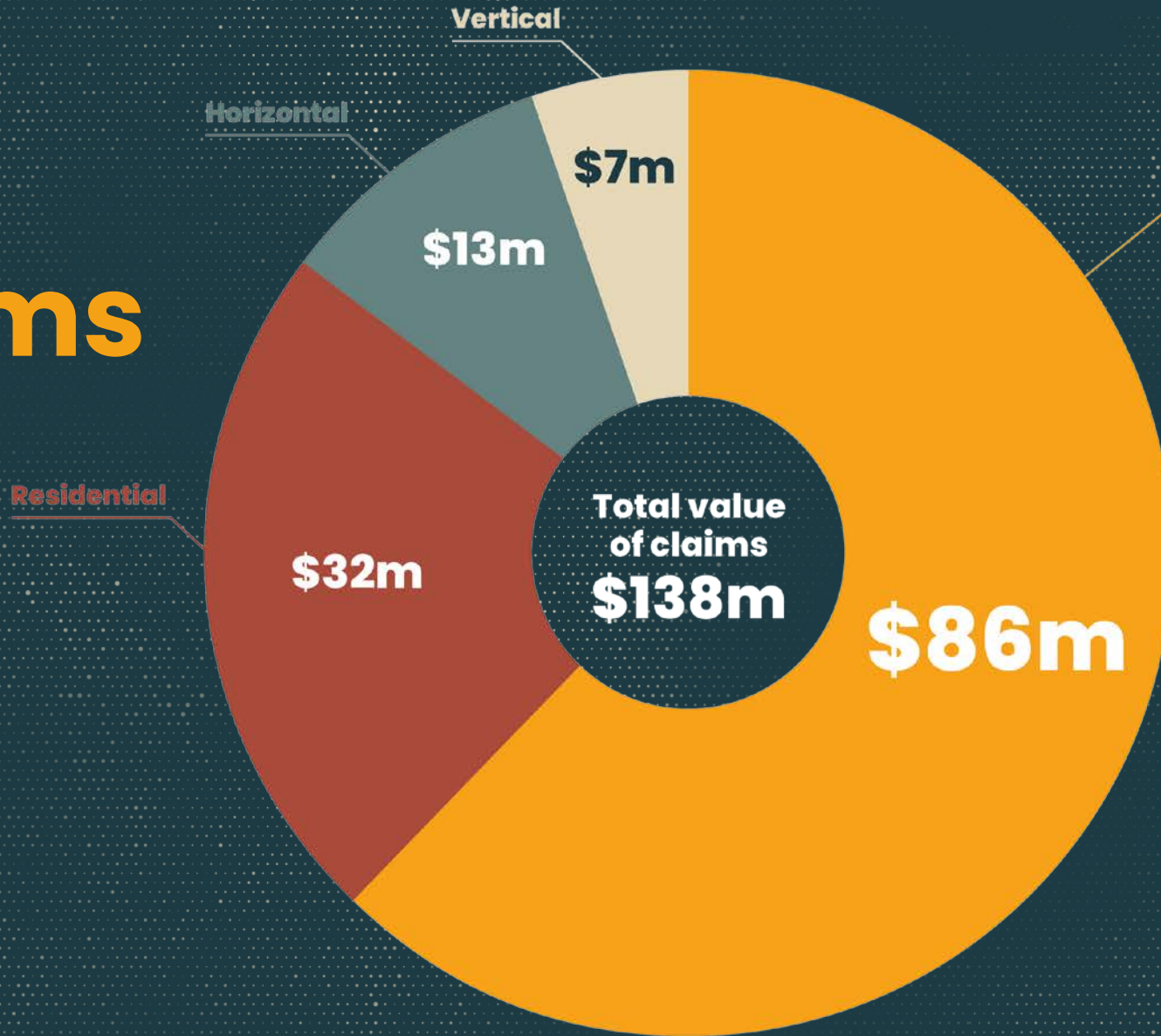
Supported by:













He Kaupare. He Manaaki.
He Whakaora.
prevention. care. recovery.

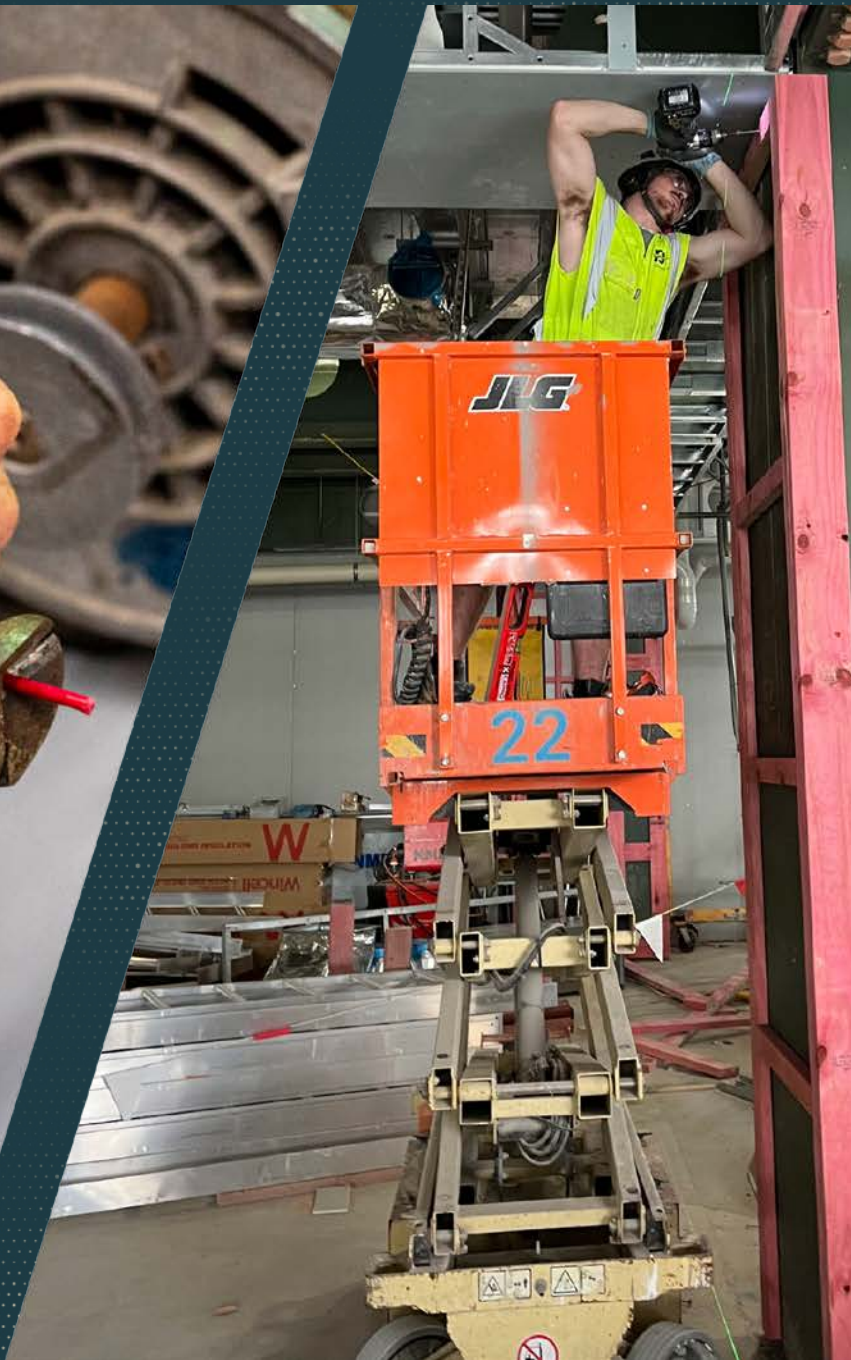


2019 ACC Claims

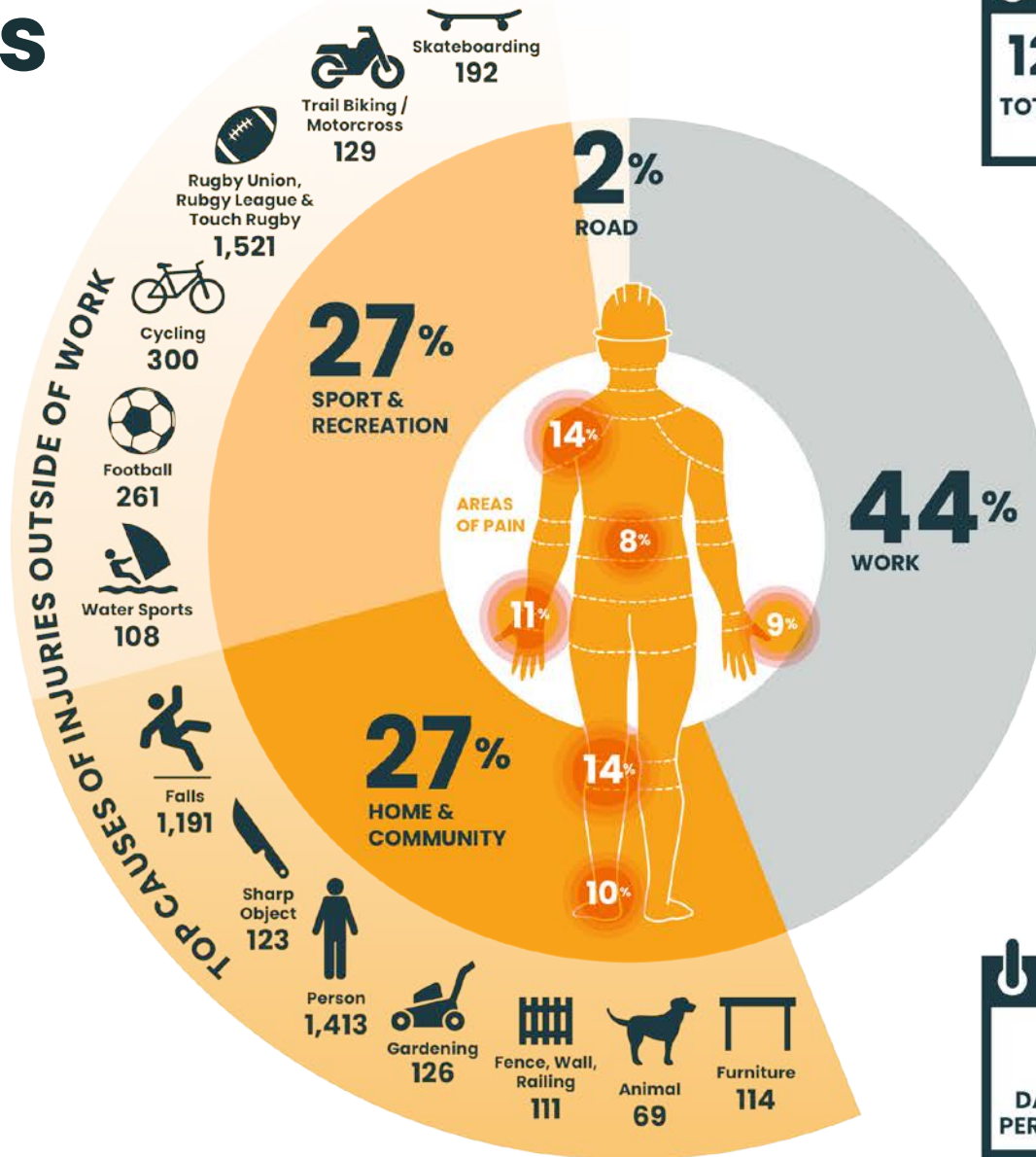


Specialist trades

 PAINTING	\$10.6m
 PLUMBING	\$8.3m
 SCAFFOLDING	\$8.2m
 ELECTRICAL	\$7.5m
 ROOFING	\$5.6m
 BUILDING	\$4.5m
 CONCRETING	\$4.0m
 FLOORING	\$3.2m
 BRICKLAYING	\$2.2m
 GLAZING	\$1.7m



What hurts Builders outside of work?



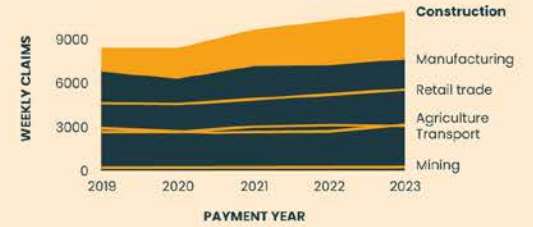
127,491
TOTAL DAYS LOST PER YEAR

17
DAYS LOST PER PERSON PER YEAR

MOST COMMON INJURY SITES



INDUSTRY NON-WORK CLAIM TRENDS



TOP 4

BY CAUSE



LOSS OF BALANCE
34%

BY EXTERNAL



GROUND & PATH
18%

BY ACTIVITY



SPORT & RECREATION
48%

BY CONTACT



IMPACT WITH GROUND & FLOOR
28%



18,800+

TRADIES HURT ON THE JOB IN 2020



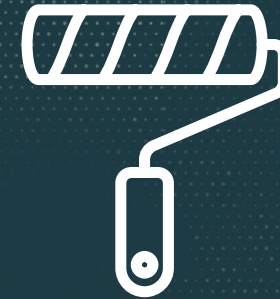
1 million

METRES² OF ROOFING NOT LAID



614,000

DAYS OFF DUE TO INJURY IN 2020



270,000

METRES² OF UNPAINTED HOMES



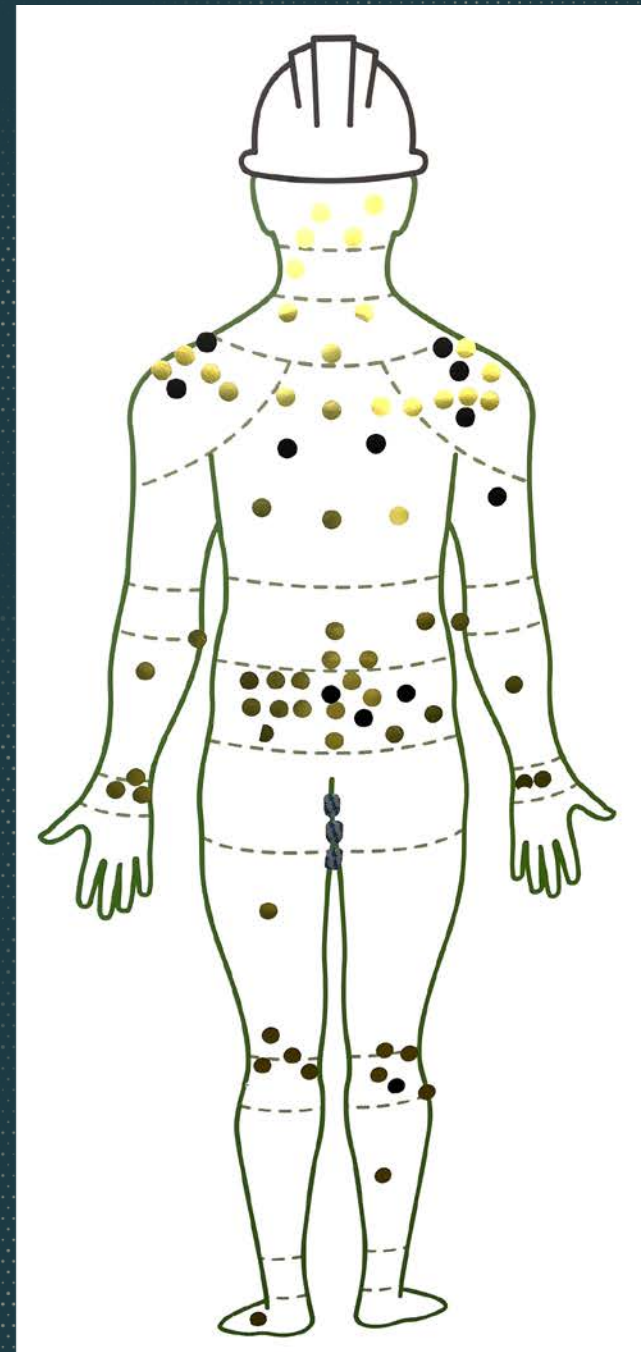
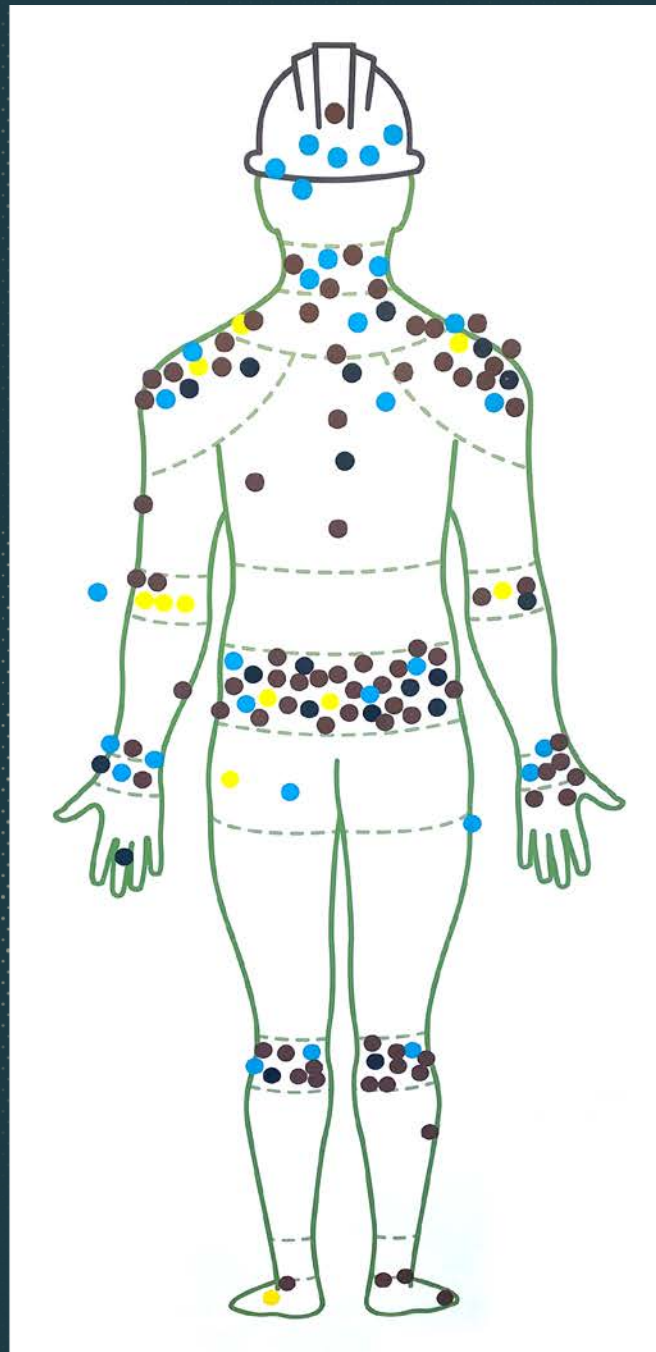
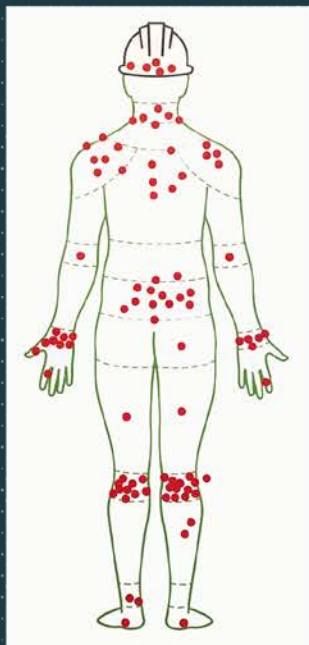
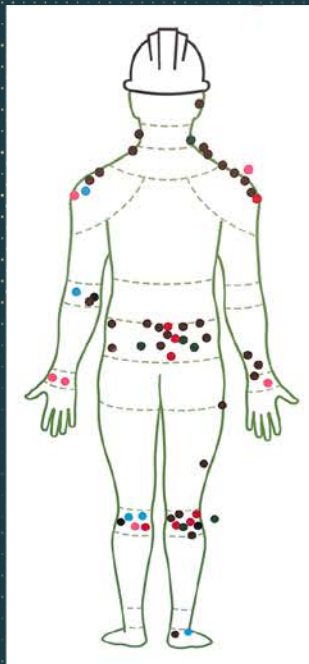
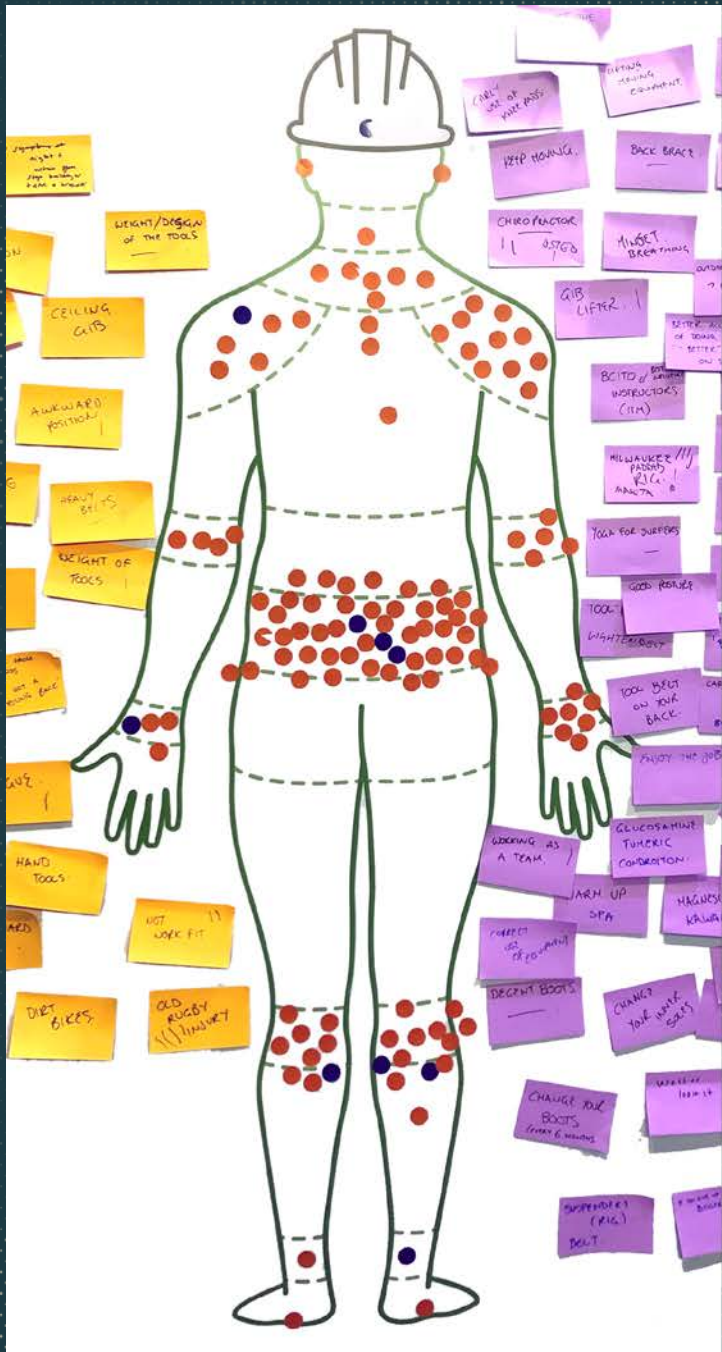
60%

OF ALL INJURIES IN
CONSTRUCTION ARE DUE
TO SPRAINS AND STRAINS



2 million+

METRES OF SCAFFOLDING NOT ERRECTED



3 steps to a pain-free building career



1

Get your work up off the ground



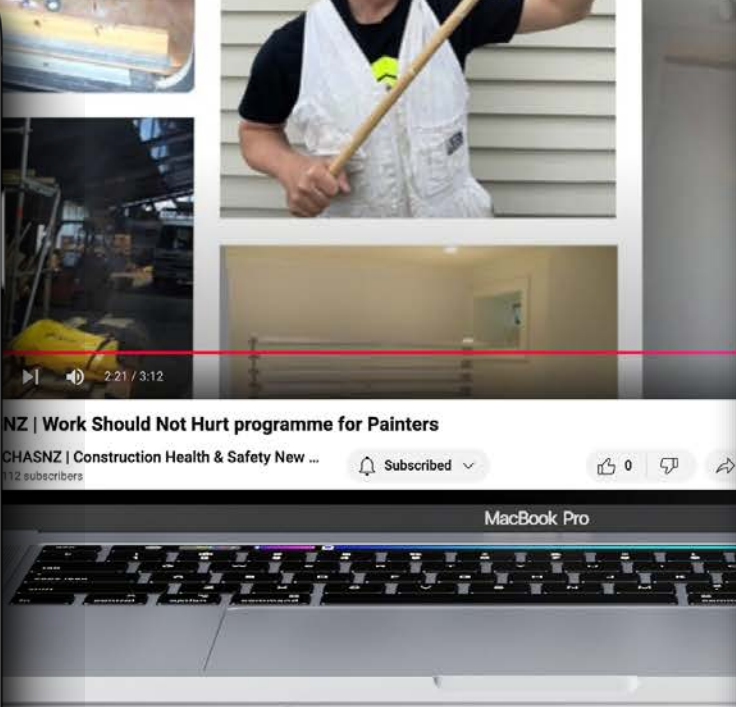
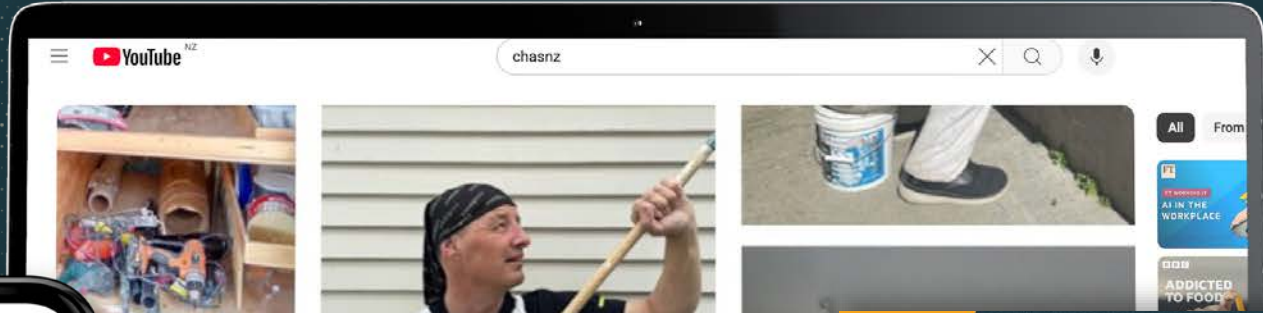
2

Reduce overhead work

3

Find smarter ways to move things





Overhead work

ELECTRICIANS

Working overhead is known to lead to sprains and strains. Here's how you can protect yourself.

Ideal working scenario	60 degrees is key	Overhead best case
<p>✔ Eliminate overhead work when possible.</p>	<p>✔ Keep the angle between upper arm and torso below 60°.</p>	<p>✔ If you need to work overhead, design the work to reduce your risk of injury.</p>
<p>✘ Avoid reaching far away from your body.</p>	<p>✘ Limit how often and for how long you work on high precision tasks overhead.</p>	<p>✔ Push straight up or pull straight down.</p>







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