



# BODY STRESSING



## OVERVIEW

Body stressing is a collective term covering a broad range of health problems associated with repetitive and strenuous work.

This graphic provides a high-level overview of body stressing injuries in the Comcare scheme. The data in this graphic is for the 2016–17 financial year.

## Manual handling and computer usage are key risks for body stressing injuries

### AREAS FOR FOCUS

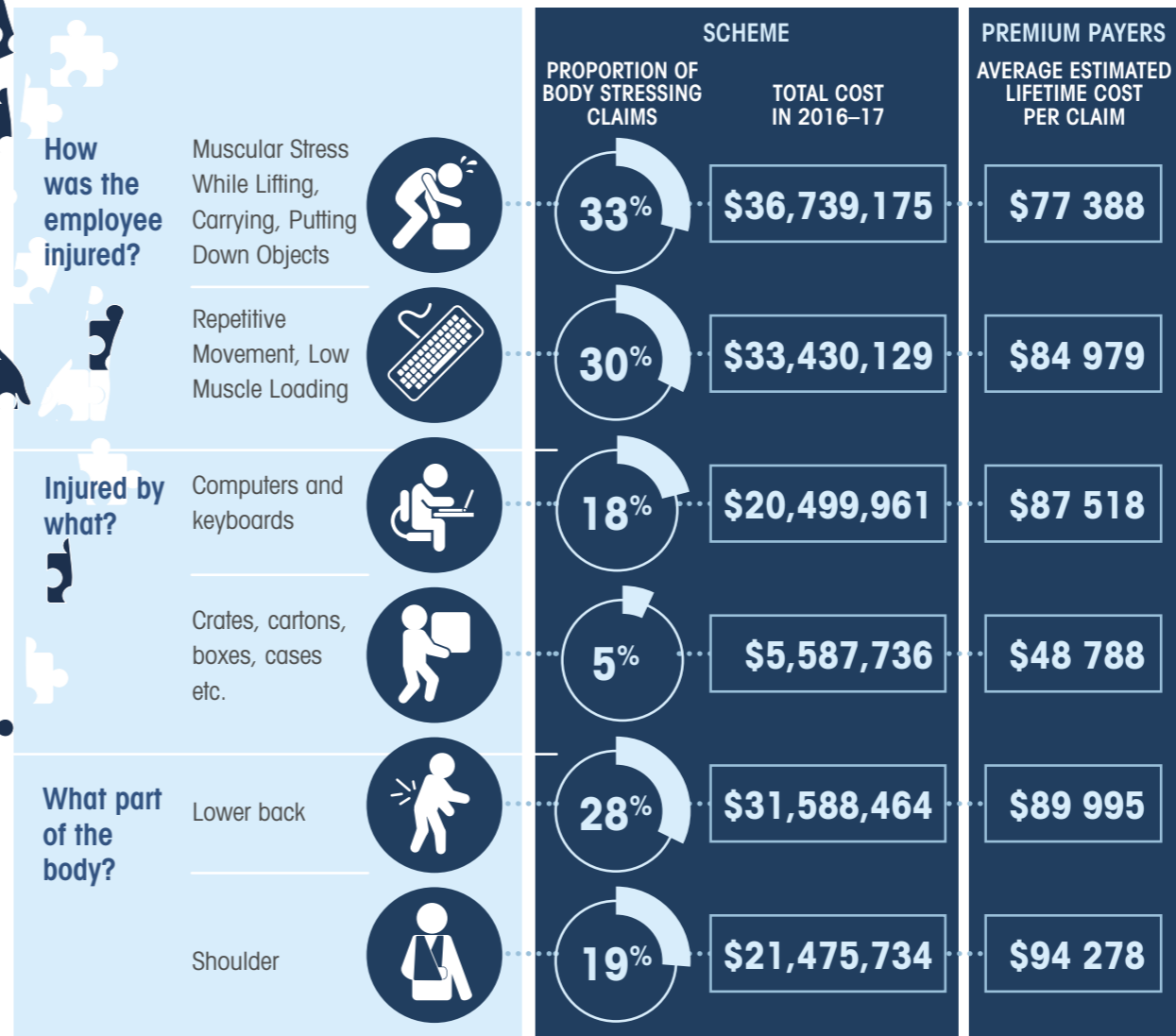
In the 2016–17 financial year, claims due to *Muscular Stress While Lifting, Carrying and Putting Down Objects* accounted for 33 per cent of all claim costs for body stressing claims in the premium paying sector. In the premium paying sector, these claims that were first determined in this period have an estimated lifetime cost of \$77 388.

The lead claim factors in 2016–17 for *Muscular Stress While Lifting, Carrying and Putting Down Objects* claims did vary at the employment sector level:

	LICENSEES	PREMIUM PAYERS
What was the nature of the injury?	Trauma to muscles	Back pain, lumbago and sciatica
	Soft tissue injuries due to trauma or unknown mechanisms	Trauma to muscles and tendons, not elsewhere classified
	Hernias	Muscle/tendon strain (non-traumatic)
Injured by what?	Crates, cartons, boxes, cases etc—cardboard	Crates, cartons, boxes, cases etc—cardboard
	Baggage and luggage	Adults—patients and residents in care
	Bags of mail	Baggage and luggage
What part of the body?	Lower back	Lower back
	Shoulder	Shoulder
	Abdominal muscles and tendons	Abdominal muscles and tendons

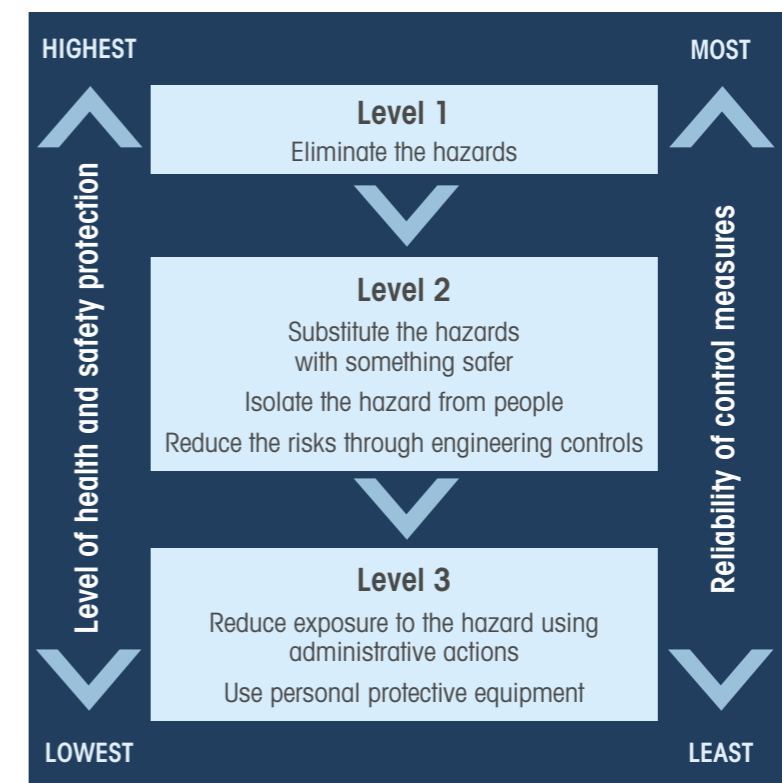
## IMPACT

Further, we can look at the impacts of body stressing injuries across these three groups; how the injury occurred, what caused the injury and what part of the body was injured. Against each we focus on the top two contributing factors as a proportion of body stressing claims (percentage of total costs) and cost impacts of these claims.



## HIERARCHY OF CONTROLS

The next step is to decide on suitable controls. Always start at the top of the hierarchy of control and try wherever possible to first eliminate the hazard. If you can't eliminate the hazard, perhaps you can use a combination of different controls for greater protection. Strategies at the lower end, while valuable, are less effective, particularly when used in isolation.



## NOTES

- > All data is at 30 April 2018.
- > Figures have been rounded to whole numbers or whole percentages.
- > The estimated lifetime cost of a claim includes the costs to date on the claim along with the actuarial estimate of the likely future costs of the claim.

## PSYCHOSOCIAL COMPONENT

Across the scheme, approximately four per cent of Body Stressing claims accepted in 2016–17 received treatments related to psychosocial impacts of the injury.

In the Premium Paying sector, approximately seven per cent of body stressing claims have experienced a psychosocial cost component.

Mental Stress Claim Cost

The Average Estimated Lifetime Cost for Mental Stress claims accepted in 2016–17 in the Premium Paying sector is \$394,890.