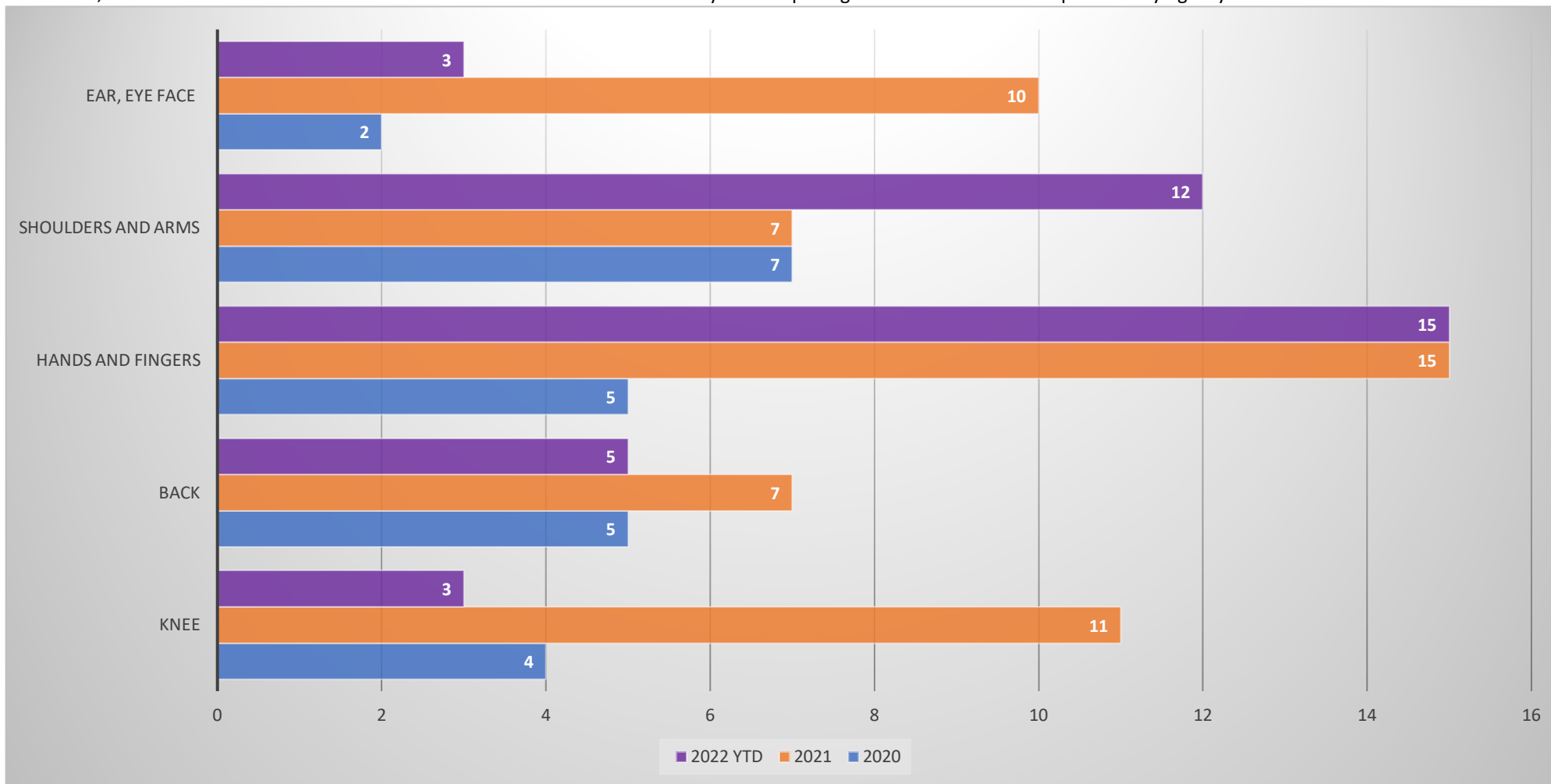


# JCU Staff Injury Body Location

- There have been 66 injuries sustained by JCU staff for the year to date
- Hands and fingers were the most frequently reported injury location (15) followed by shoulders and arms (12) and multiple locations (7)
- Shoulder and arm injuries have more than doubled compared to this same period last year (5)
- It is a combination of repetitive use injuries and one-off injuries
- Repetitive use, upper limb injuries at a desk are very common. It is encouraged that staff utilise the [Activity Based Work Guideline](#) and [Daily Stretches Information Sheet](#) to help reduce risk as well ensuring they have a correct workstation set up using the [Ergonomic Workstation Self-Assessment](#)
- In addition, staff can utilise the Manual Task Risk Assessment to review if a task they are completing is hazardous and will help in identifying way to reduce the risks.



*Excludes Near Miss incidents, Near Miss Incidents do not result in injuries.*