

Wrist injuries checklist.

Early learning professionals are entrusted with the well-being of children. Unfortunately, this work often involves repetitive tasks and movements that can put strain on their wrists.

Wrist injuries in early learning services are often caused by repetitive motions, forceful hand movements, and poor ergonomic practices. These injuries can range from minor strains to more severe conditions like carpal tunnel syndrome, causing pain, discomfort, and potential long-term health issues.

These injuries can impact the running of the service as they may lead to extended time off work or reduced

capacity of a staff member while at work. Additionally, they can also impact a staff member personally, both physically and emotionally. Regular personal activities, such as driving, exercising and socialising, can be challenging or not possible while seriously injured.

Complete the following checklist. Where responses are 'no', this is an opportunity to reflect on workplace practices and make changes where possible.

For training tips, information, guidance and resources to support necessary change, go to SafeWork NSW at safework.nsw.gov.au.

The service is equipped with adult ergonomic furniture and tools designed to support proper wrist alignment and reduce strain.	Yes	No
Wherever possible, workstations are adjusted to accommodate staff members of various heights.	Yes	No
Staff are trained in proper lifting and carrying techniques, emphasising the importance of using their legs and not relying solely on wrist strength.	Yes	No
Staff are encouraged to use lifting aids like stairs leading to changing tables.	Yes	No
Tasks that involve repetitive wrist motions are scheduled in a way that allows staff to alternate between different activities.	Yes	No
We avoid staff undertaking prolonged periods of repetitive movements without breaks from that movement.	Yes	No
Staff are provided with resources and guidance on effective exercises to support hand and wrist activities.	Yes	No
Staff are encouraged to perform regular wrist stretching and strengthening exercises to maintain flexibility and reduce the risk of injury.	Yes	No

Staff who handle cleaning chemicals or potentially harmful substances wear appropriate PPE, including gloves, to protect their wrists and hands.	Yes	No
We have a culture of safety where staff members feel comfortable voicing concerns and reporting hazards.	Yes	No
Safety is a permanent agenda item at staff meetings to discuss and address potential risks.	Yes	No
Managers are aware of the need to report any incidents or injuries to Guild Early Learning, within 48 hours of occurring.	Yes	No

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