

Pause and plan

10 seconds now prevents weeks off later.

The risk

Rushing into a task can mean we default to ingrained habits and familiar ways of working instead of stopping and thinking.

How rushing leads to injury

- Hazards go unnoticed.
- Shortcuts replace safe steps.
- The wrong equipment is chosen or used incorrectly.

This can result in strains, slips, trips, impacts or more serious injuries that take weeks to recover from.

How to prevent injury: LITE in 10 seconds

Before you start, pause for 10 seconds. Use the LITE prompts to plan your next steps:



Load: think about what or who you are moving. Think about size, weight, mobility and how much support they need.



Individual: check in with your own body and wellbeing. Notice how you are feeling: your strength, your balance and if you need help.



Task: mentally run through what you are trying to do. Is it a lift, a transfer, a reposition or something unusual?



Environment: observe the space around you. Look for hazards, tight spaces, wet floors, clutter or anything that could impact your movement.

If it still isn't safe...

If anything in LITE highlights a risk, **stop the task** and **escalate straight away**.

You are expected to speak up and you will be supported by your leader for doing so.

Reflection

Think of a time or occasion in your mahi (work) when you injured or almost injured yourself?

Did I pause and plan before I started, or did I rush in?

What would I do differently next time?



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Resources

Move Well: Skills for kaimahi
elearning

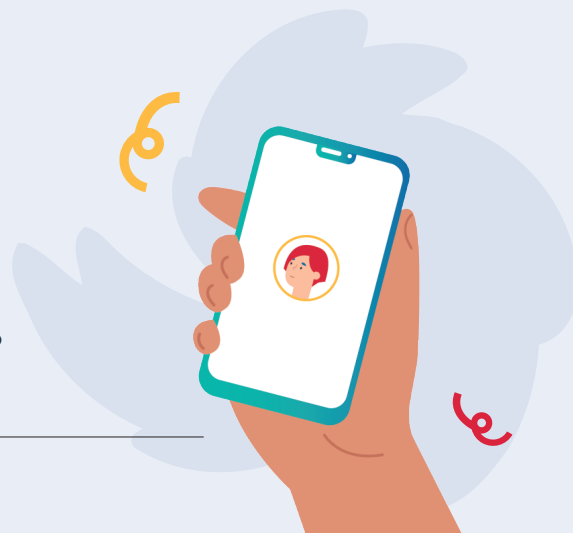
- Moving techniques
- Holistic wellbeing
- Using equipment

Helplines

Emergency: 111

Healthline (NZ): 0800 611 116

**Employee Assistance
Programme (EAP):** _____



Where can I find the equipment I need?

Who should I contact for help or escalation?

This could be your leader, health and safety rep, facilities contact, or a colleague.

Name:

Role:

Contact:

Name:

Role:

Contact: