

Use the right help

Ask for help early.

The risk

Working by yourself or using the wrong equipment increases injury risk when a task requires more control than one person can safely manage.

How pushing through on your own leads to injury

When you push through alone or use the wrong equipment, your body takes more load. This can lead to:

- awkward or unpredictable movement
- muscle strains
- increased fatigue
- loss of control leading to sudden force on your body.

How to prevent injury: ask for help or equipment

As soon as a task feels heavier, more awkward, or less predictable than expected, pause and bring in the right help. Help could mean:

- asking another person. This could be another kaimahi (worker), friends or whānau (family) of the person you are supporting or even the person themselves.
- using the correct piece of equipment. Consult the support plan, so you know what the right equipment is for the task and make sure you know where to find it and how to use it properly.
- escalating to your leader. When you can't make the task safe with the people or equipment available, and the plan needs to change, pause, or stop.

If it still isn't safe...

If the task can't be made safe, **stop the task** and **escalate straight away**.

You'll be supported by your leader to rethink the approach or delay until the right help is available.

Reflection

Think of a time in your mahi (work) when you kept going on your own instead of asking for help.

What did I notice in the moment?

How was my body feeling?

What would have changed if I'd asked for help earlier?



Use the right help

Ask for help early.

Resources

Move Well: Skills for kaimahi
elearning

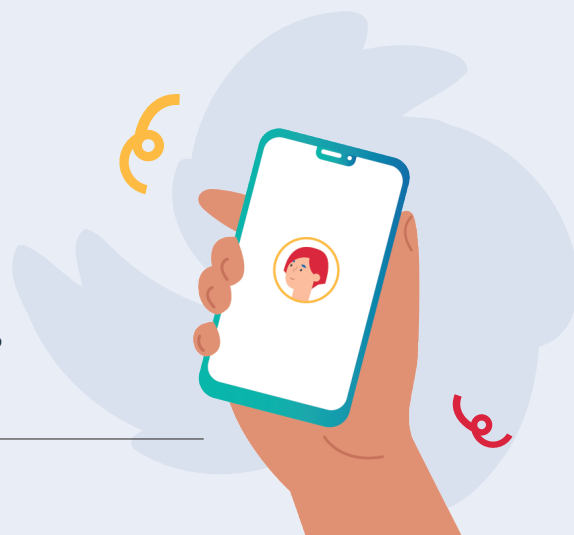
- Moving techniques
- Using equipment

Helplines

Emergency: 111

Healthline (NZ): 0800 611 116

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



Where can I find the equipment I need?

(eg, hoists, bathroom aids, wheelchairs, vacuum cleaner)

.....

.....

.....

.....

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:

