

Take control

– Hitting objects with part of the body

Hitting stationary objects >

Information to help you prevent workplace injury and disease. By identifying causes and assessing and controlling risks you can take control of health and safety in your workplace.

Risk indicators in the workplace

Some things to look for include:

- Cluttered workplaces that prevent safe and easy movement (causing, for example, employees to collide with objects such as boxes, pallets and sharp bench edges);
- Overhanging objects, such as pipes or tree branches;
- Desks which do not allow enough space for a person to sit without hitting their legs against the bottom of the desk;
- Low shelving in areas where people are working;
- Protruding handles or knobs, such as winding mechanisms on height adjustable beds or desks; and
- Small or cramped work spaces.

Examples of what can be done to stop such occurrences from happening

Employers should, for example, make sure that:

- The workplace is kept uncluttered;
- Edges on desks, tables and other furniture and fittings are rounded;
- The workplace is designed to allow enough space for safe and easy movement (for example, there needs to be enough room for people to work comfortably at without risking hitting shelves, work surfaces or pieces of equipment). Regular inspections of the workplace are made and any obstructions, such as pallets and boxes relocated to allow easy movement around the workplace;
- Winding equipment is either electrically or pneumatically operated, or is easy to lock away when not in use;
- Enough time is allowed for work to be done without the need for employees to rush their work;
- Overhanging objects are removed if possible;
- Locate piping systems in positions where employees are not likely to strike against them; and
- Immovable objects to be marked so as to be easily identified as a hazard.

putting safety first >



To find out more

The [Workplace Health and Safety Act](#) and the [Workplace Health and Safety Regulations](#) outline the minimum standards and the process to manage occupational health and safety in your workplace.

Specific regulations to note in respect of this topic are:

Regulation 48 Work Space

Regulation 49 Housekeeping

[Australian Standards](#) are available from the Territory Construction Association, phone 8922 9666. Australian Standards can be viewed online by visiting the Northern Territory Library, Parliament House, phone 8999 7177.

Australian Standards applicable to this topic include:

[AS 1470](#) Health and safety at work

[AS 3590.2](#) Workstation furniture

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