

Take control

– **Hitting objects with part of the body**

Rubbing or chafing of parts of body >

This information bulletin has been designed 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:

- Employees having to wear personal protective equipment in, for example, hot, humid, wet or very dry environments;
- Personal protective equipment which does not allow air to move across the skin when working in the above mentioned environmental conditions;
- A lack of personal protective equipment (like gloves) when handling abrasive materials (such as rope);
- Reusing or not cleaning used personal protective equipment; and
- Using hand held tools where there is movement of parts of the body against the tool (for example, a hand twisting or turning on a tool).

Examples of what can be done to stop such occurrences happening in the workplace

Employers should, for example, make sure that:

- The workplace has good airflow through it and that the air temperature and humidity is not excessively high or low;
- Reusable personal protective equipment is cleaned and disposable equipment replaced as needed;
- There is ready access to clean work clothes, washing and laundry facilities if appropriate;
- Tools are chosen which can be handled without causing excessive rubbing against parts of the body;
- Where there is no alternative but to use it, good fitting and well designed personal protective equipment is available; and
- Your employees are provided with training in the selection, limitations, correct use and maintenance of personal protective equipment.

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 78	Respiratory Protection
Regulation 79	Hand Protection
Regulation 80	Foot Protection

[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:

HB59	Ergonomics – The human factor
AS2161	Occupational protective gloves
AS/NZS2210	Occupational protective footwear

NT WorkSafe kindly acknowledges WorkCover SA.

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