![Tradies National Health Month logo]

Tradies National Health Month

Time off work due to poor health, injury or illness has a huge impact on families, businesses and communities.

The Australian Physiotherapy Association is using the month of August to shine a light on the way tradies work and how they can make small changes in their work practices to reduce their risk of injury and ensure better health outcomes.
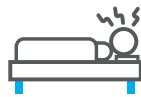
Tradies Health Survey*

Almost 1/3 (32%) don't follow safe lifting guidelines

Less than 1/4 (24%) stretch or warm up before work

Almost half (48%) haven't taken a sick day in the previous six months

1/3 said they'd stretch/warm up if their boss prioritised it

Of the tradies injured at work, 82% have joint, soft tissue or musculoskeletal injuries

88% said they take good care of their tools

compared to 61% who take good care of their bodies

69% said that being sore was just normal for the work they do

How can physiotherapy help?

Most of us know physiotherapists are highly experienced in treating common tradie injuries like shoulder, back and knee pain, as well as soft tissue injuries like muscle strains, tears and sprains that often occur as a result of the intensity and repetitive nature of trade work.

Less commonly known is the education, treatment and support physios can offer for more complex health conditions like diabetes, pelvic floor muscle dysfunction and stroke recovery.

While physically demanding trade work can exacerbate these conditions, regular preventive health treatment from a physio can help tradies stay in good shape and reduce their risk of lost time.

* Tradies Health Survey June 2019 – a national survey of Australian tradies by Empirica Research for the Australian Physiotherapy Association.

Serious injury/disease claims by tradies^

ACT **885**	QLD **15,685**	VIC **11,670**
NSW **18,710**	SA **3,050**	WA **7,100**
NT **600**	TAS **1,425**	

59,750

**Commonwealth 625

59%

Tradies account for 59% of all serious injury/disease claims but make up only 35% of the workforce.

Industries with the highest rate of serious claims

Agriculture & Forestry

Transport, postal & warehousing

Manufacturing

Occupations with the highest rate of serious claims

Labourers (25%)

Technicians & trade workers (16%)

^Safe Work Australia National Data Set for Compensation-based Statistics (NDS) 2017–18

Mental health & tradies*

> One quarter of tradies felt comfortable talking to co-workers about a mental health issue compared to 53% who were comfortable talking about a physical health issue

> Of those injured at work, one quarter said they had experienced depression or anxiety as a result

> Labourers were the most likely to struggle with mental health as a result of being injured (58%)

www.choose.physio/fortradies