



Ripple Effects

James Whitaker

June, 2025



He Kaupare. He Manaaki. He Whakaora.
Prevention. Care. Recovery.

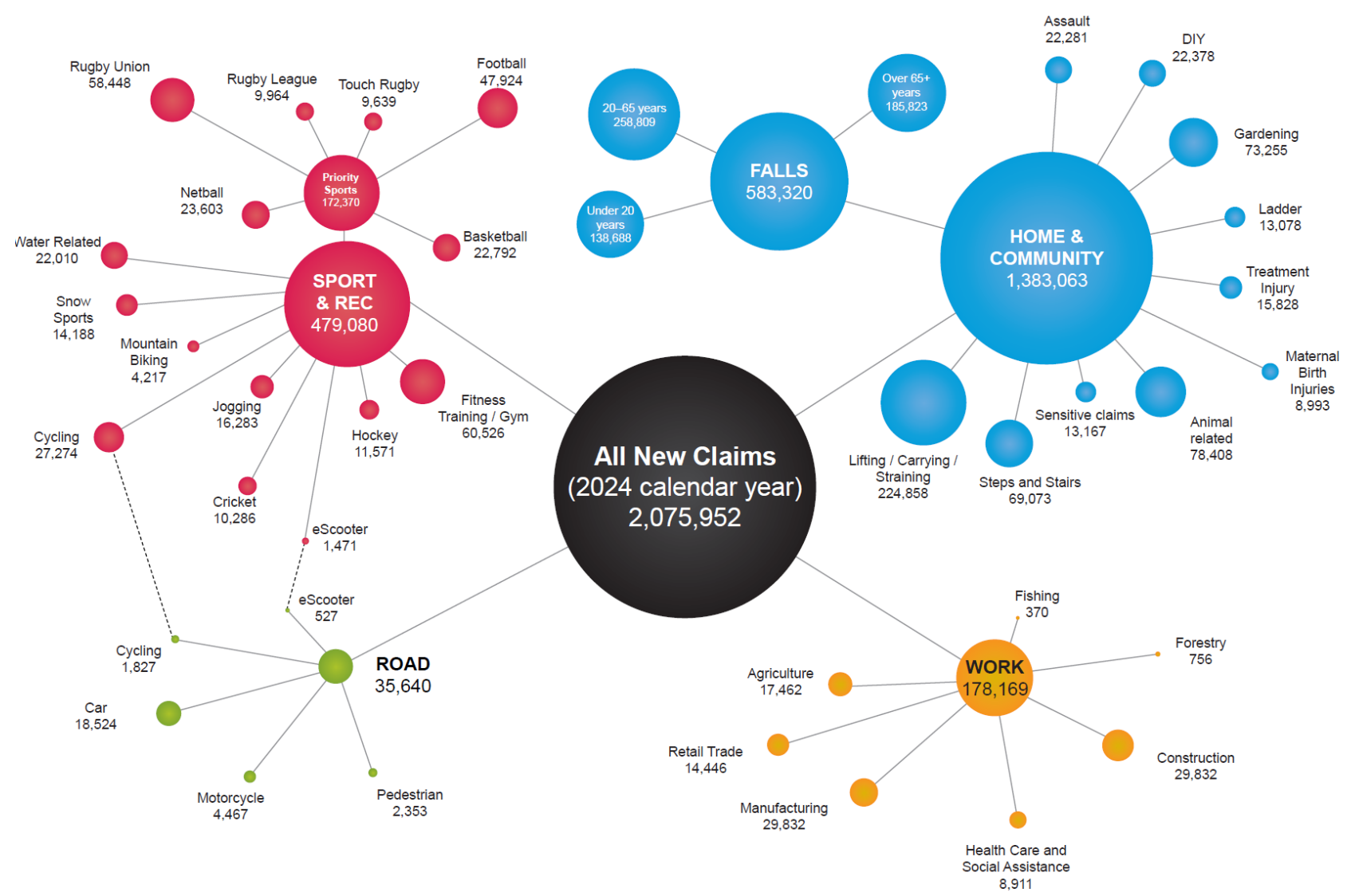
INJURIES IN AOTEAROA NEW ZEALAND

2
million

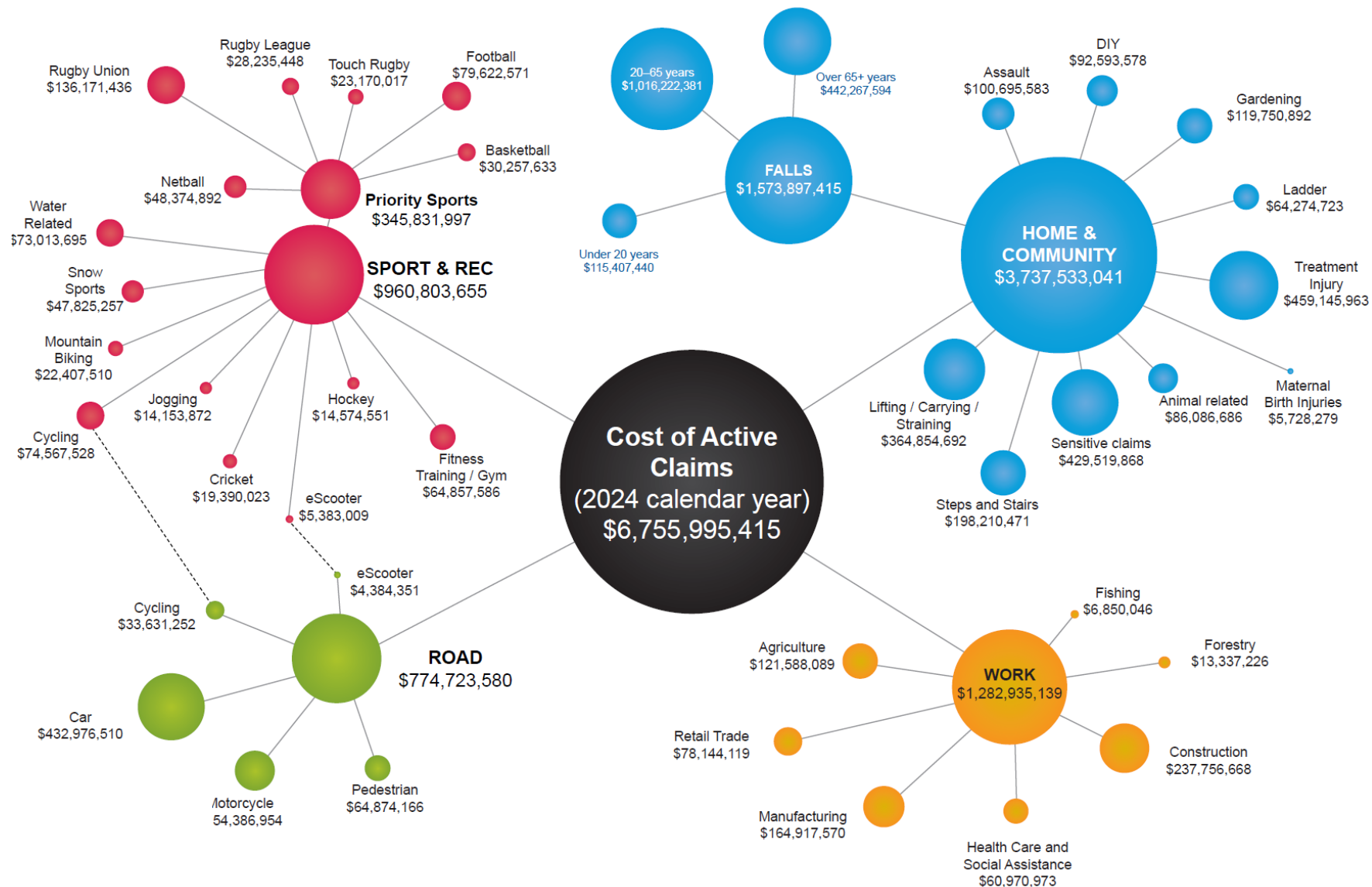
ACC supports people to recover from around
2 million new injuries every year



INJURIES IN AOTEAROA NEW ZEALAND



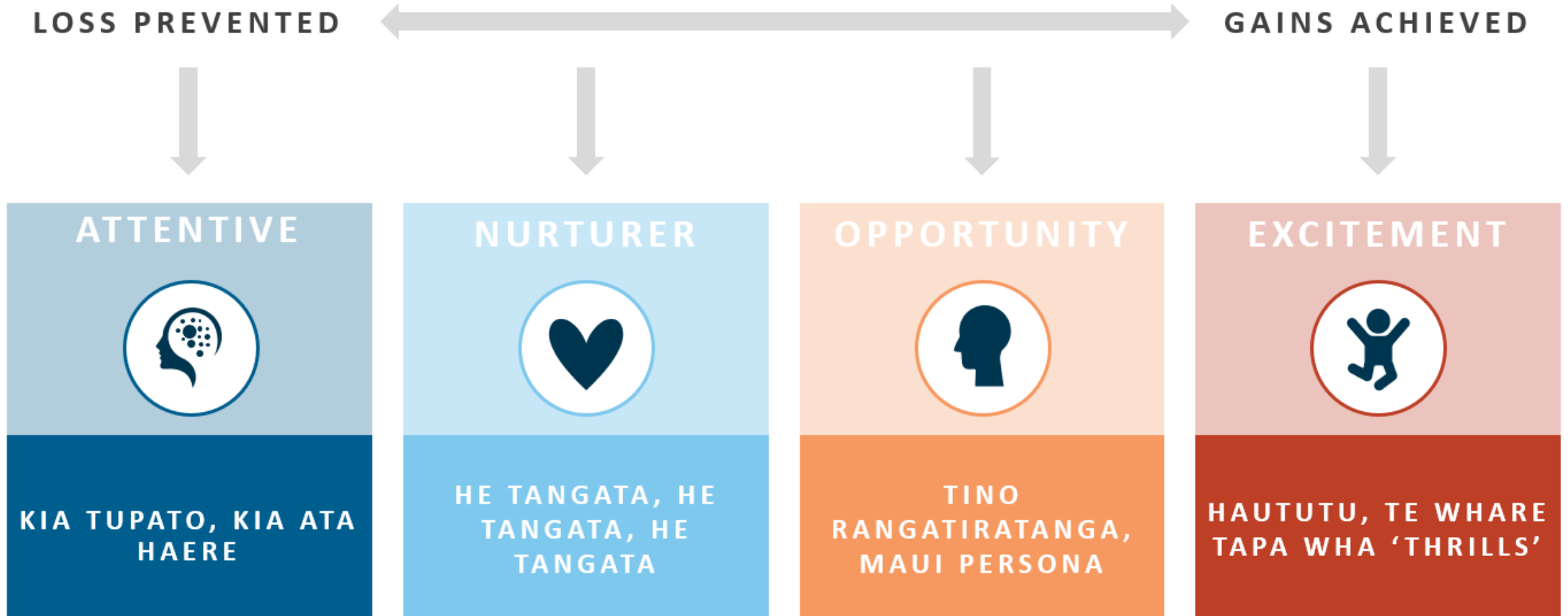
INJURIES IN AOTEAROA NEW ZEALAND



CONCEPT TESTING 'WINNER'

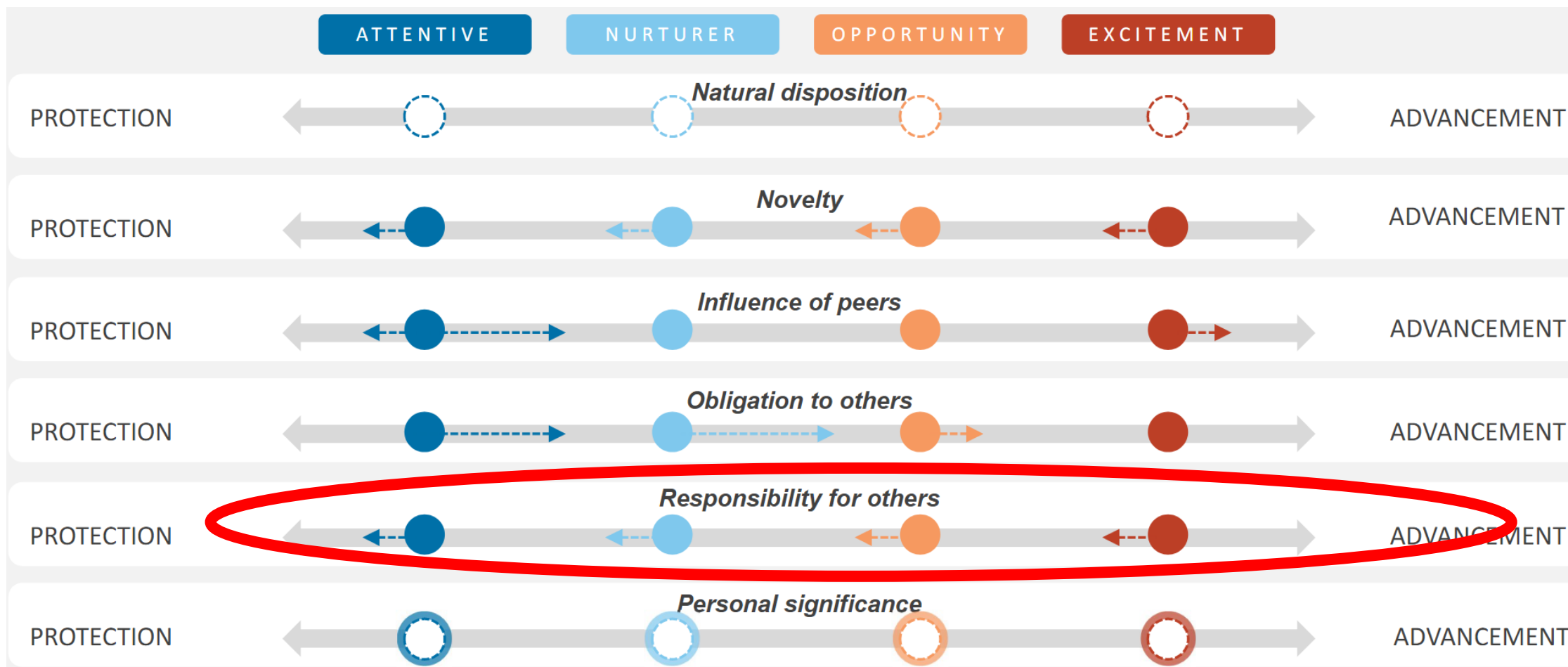


UNDERSTANDING CURRENT BEHAVIOUR

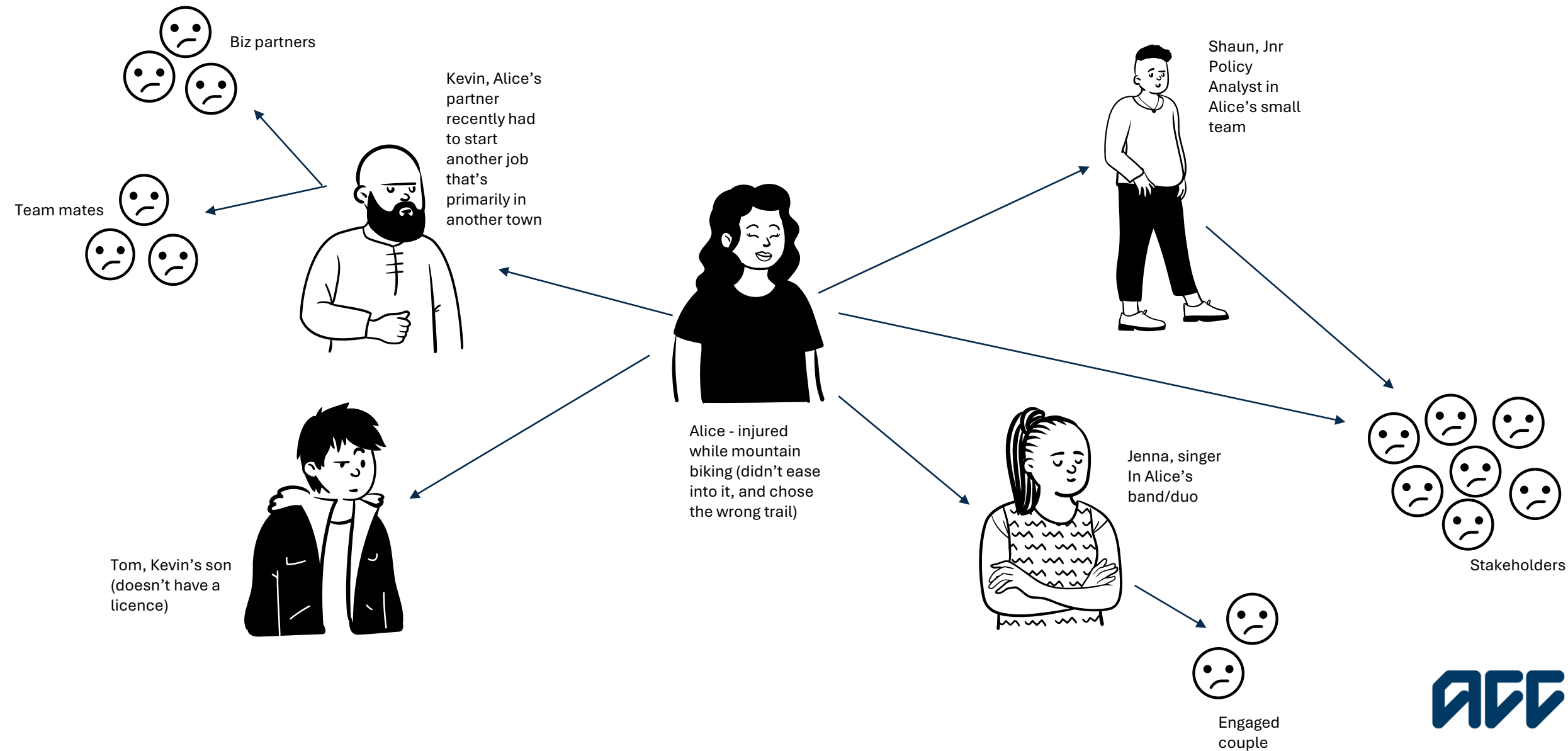


Credit: Kantar Public

UNIVERSAL MOTIVATOR

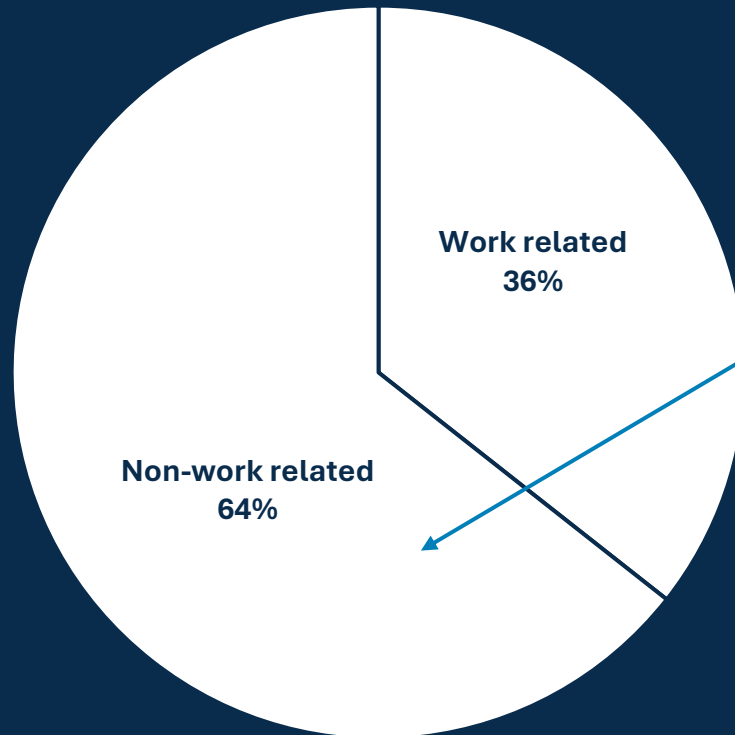


INJURIES DON'T JUST AFFECT THE INJURED PERSON



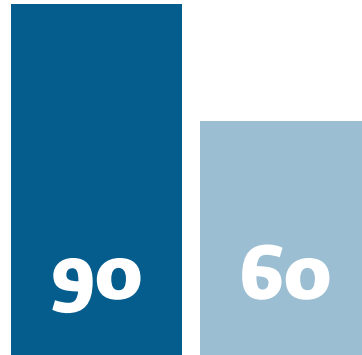
NON-WORK INJURIES CAUSE THE MOST TIME OFF WORK

WEEKLY COMPENSATION CLAIMS

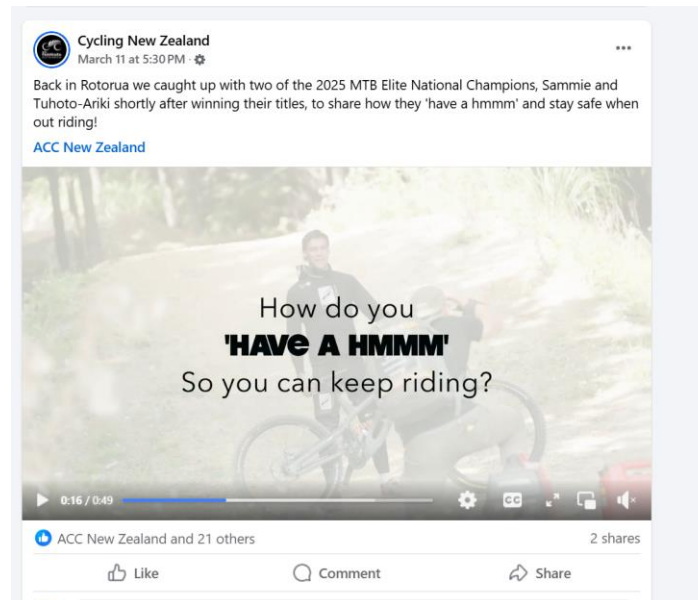
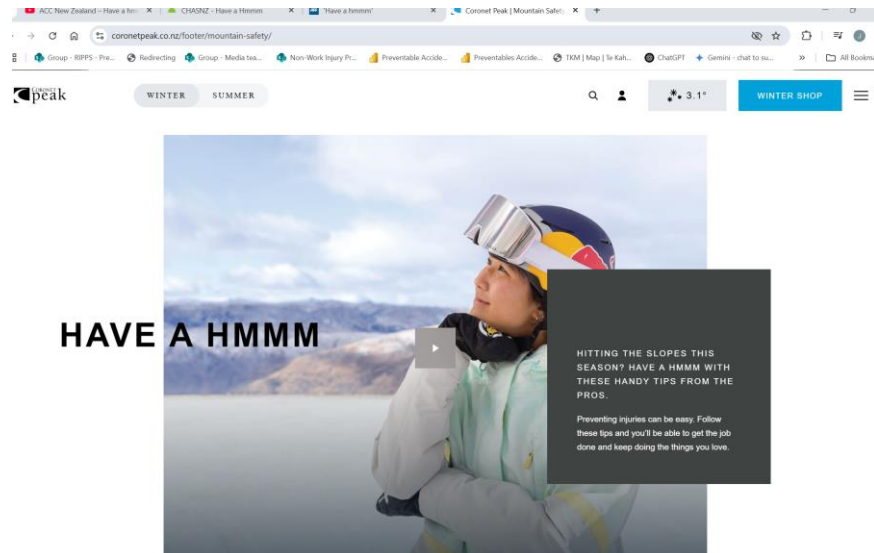
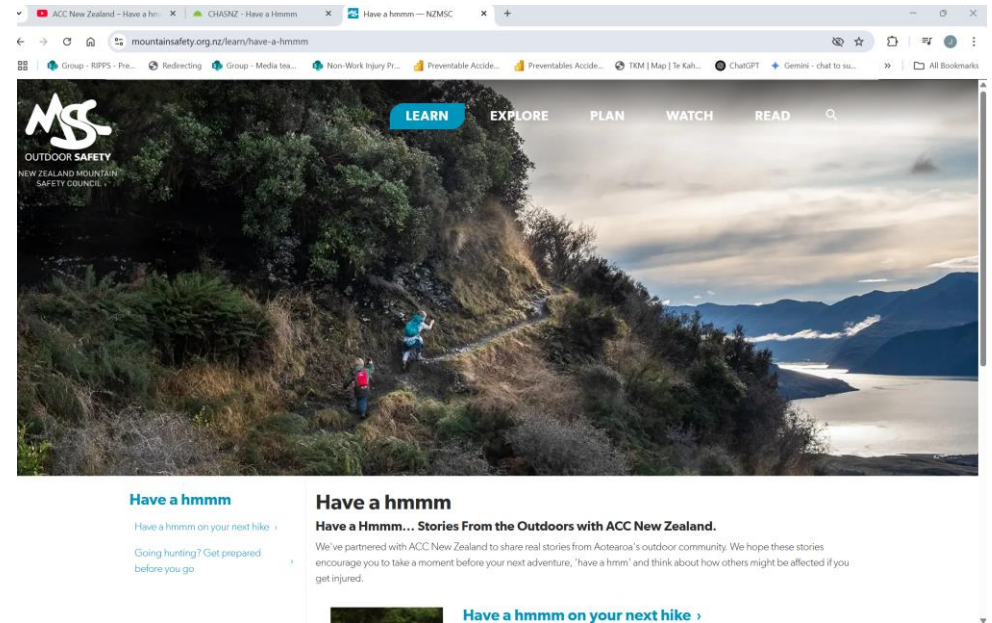
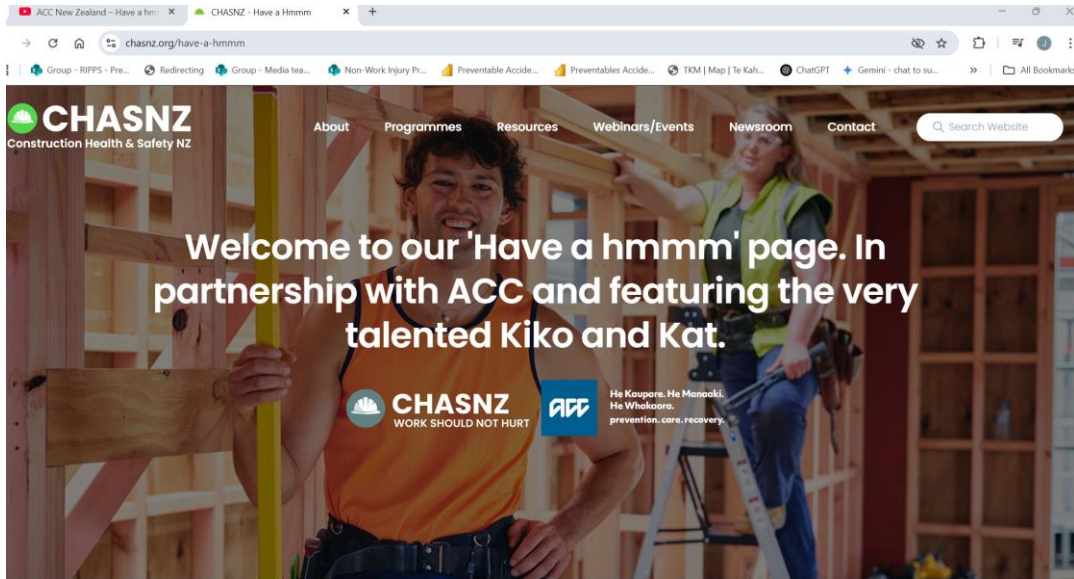


All industries / all of NZ...how would it look for your workplace?

INJURIES IN AND OUT OF WORK IMPACT ON PRODUCTIVITY



Non-work claims have longer recovery times – averaging 90 days, compared to 60 days for workplace injuries



'Have a hmmm'

If you get hurt, who gets harmed... whānau, friends, work mates and team mates? Stop, have a hmmm and get injury prevention tips to suit your lifestyle.

[Get tips now](#)



Handy hints videos

Ask yourself, would it be easy for your whānau to stop what they're doing, to take care of you? How would it make them feel to see you in pain? View our handy hint videos and learn about ways for you to 'have a hmmm' and think before acting.



Gym and fitness

Whatever your goals are, and wherever you work out — stay on track with these tips.



Summer recreation

Check these handy hints to help you learn how to stay injury-free doing the things you love.



Motorcycle riding

Heading out for a ride? Check out these tips from Andrew Stroud to get the most out of your ride.



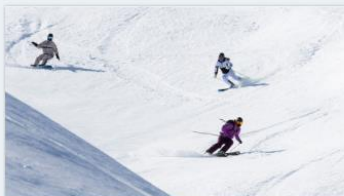
Home and DIY

Follow these tips to stay injury free and get the job done.



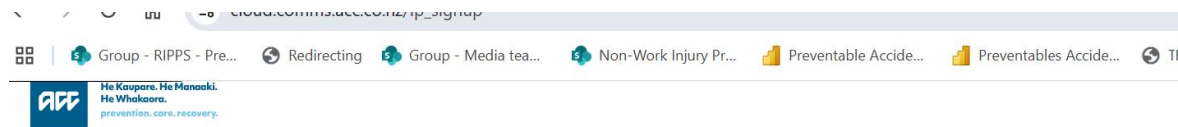
Winter sport

Help your team mates by keeping in the game with these tips.



Snow recreation

Check these skiing and snowboarding tips from Nico Porteous and Cool Wakashima.



Get injury prevention tips to suit your lifestyle

Let us know what you're interested in. You'll then receive tips to help you avoid injuries and keep doing the things you love.

Step 1 of 2

What are you interested in?

Select all that apply. It may be for you or someone you care about.

☐ Motorcycling

☐ Home / DIY

☐ Winter Recreation
e.g. skiing, snowboarding

☐ Organised team sports
e.g. netball, rugby, football

☐ Tips for parents and caregivers

☐ Outdoor recreation
e.g. running, hiking, biking

☐ Everyday advice

☐ Keeping active at 55yrs+

OUTCOMES TO DATE

Significantly more people are

- Considering the impact their actions would have on others
- Stopping and pausing before they do something
- Taking actions to prevent injuries to themselves
- Taking Actions to prevent injuries to someone else



Have a Hmmm...



		Impact →				
		Negligible	Minor	Moderate	Significant	Severe
Likelihood ↑	Very Likely	Low Med	Medium	Med Hi	High	High
	Likely	Low	Low Med	Medium	Med Hi	High
	Possible	Low	Low Med	Medium	Med Hi	Med Hi
	Unlikely	Low	Low Med	Low Med	Medium	Med Hi
	Very Unlikely	Low	Low	Low Med	Medium	Medium

STEP BACK 5 X 5

Step back five paces from the job and spend five minutes planning. Think and observe your surroundings. Step through the work in your mind and begin only when the work can be done safely

Ask yourself:

- › What will I be doing?
- › What are the hazards?
- › What equipment and plant do I need?
- › How can I get hurt?
- › What if something unexpected happens?

Bet they wish they'd had a hmmm...



A new tool for your kete

Use Have a Hmmm... to support our people to:

- Consider the impact their actions would have on others
- Stop and pause before they do something
- Take actions to prevent injuries to themselves
- Take Actions to prevent injuries to someone else



One person, many communities



Our challenge to you

It would be awesome if you....

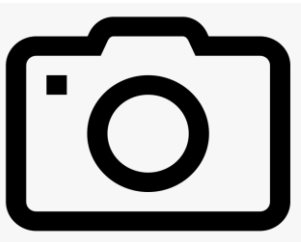
- Apply 'Have a Hmmm' in a creative and appropriate way (addressing your need/opportunity and audience) in your workplace

Or....

- Encourage your kaimahi/workmates to check www.acc.co.nz/prevention-tips so they can receive injury prevention tips and programme referrals to suit their lifestyle

Or....

- **Both!**



Share your images and stories with GHSL and we'll send the best one a box of chocolate fish!

Ngā mihi mahana

Any questions? haveahmmm@acc.co.nz